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 Francis Howell
 Sports, Page 1B



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VOLUME 23, NUMBER 76

WEDNESDAY, SEPTEMBER 22, 1999

FIFTY CENTS

New bridge hearings set

Officials: New span would relieve delays

By Scott Cousins
 Staff writer

A new round of public meetings on the status of the new Mississippi River bridge and related traffic improvements has been scheduled for Oct. 5 and 6.

The Illinois Department of Transportation and the Missouri Department of Transportation are sponsoring the meetings, the fifth in a series of meetings on the subject. Previous meetings were held in July 1996, March 1998, August 1998 and November 1998.

The first meeting is set from 3 to 8 p.m. Oct. 5 at the Patrick Henry Elementary

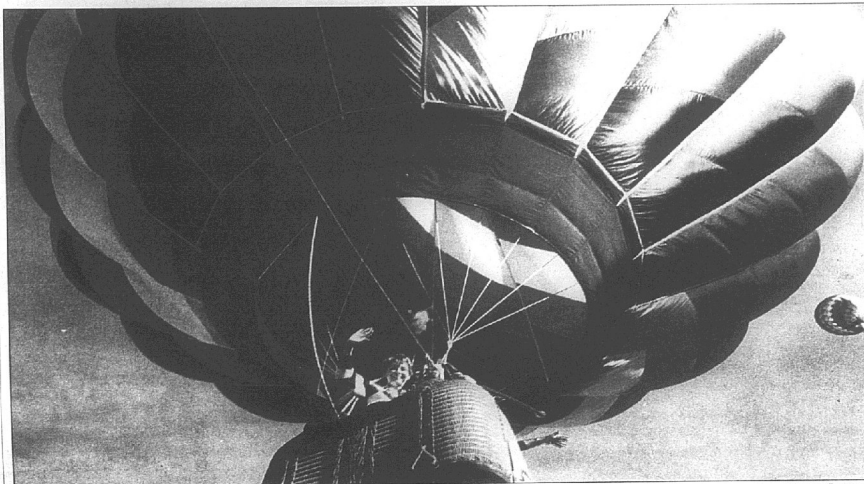
School cafeteria, 1220 N. 10th St. in St. Louis. The second meeting is scheduled from 3 to 8 p.m. Oct. 6 at the East St. Louis City Hall council chamber, 301 River Park Drive.

Handouts, display boards and computer simulations will be used to describe the alternatives. Among options to be discussed are a downtown traffic control center, reduced-cost transit service, a restructuring of the core-area interstate highway network including a new bridge across the Mississippi River, as well as the possibilities of placing tolls on Mississippi river bridges as a way to fund improvements.

The new bridge will be the main focus of the meeting.

See BRIDGE, Page 7A

Liftoff, we have liftoff...



Pam Campbell waves goodbye as the hot-air balloon she rides in takes off from Forest Park at the start of the 27th Great Forest Park Balloon Race Saturday evening. The race began at the northwest corner of Forest Park and concluded at Creve Coeur Park, with St. Louis' Floyd Thornton winning the event. Roy Katon of House Springs finished second.

SIUE enrollment reaches new high; nearly 12,000 on campus

By Deborah L. Bates
 Staff writer

Enrollment continues to climb at Southern Illinois University Edwardsville with new figures showing 357 more students than last year.

"It's primarily due to improved retention, and I think we've put a lot of effort

Chancellor: Improved retention, new facilities helping boost numbers

in that the past two years," said Christa Oxford, assistant vice chancellor for enrollment management.

Enrollment this year is 11,877, up from last year's 11,520.

Oxford said students are "not transferring, not stopping, not dropping out." She also credits the increased enroll-

ment to the popularity of the two new residence halls.

"We have more students on campus all week long," Oxford said. "The life here is just different. I think that's sort of the basic difference. When students are here, they are more involved with the campus."

"I think the level of satisfaction with the whole college

experience improves when they actually live on campus.

That carries over even to students who commute. More students are involved with the daily life of the university."

Increased enrollment also is due in part to an increase in international students: 361 this year, up from 291 last year. There also are about 50 more

off-campus students because of the expansion of the Nursing Program to Springfield.

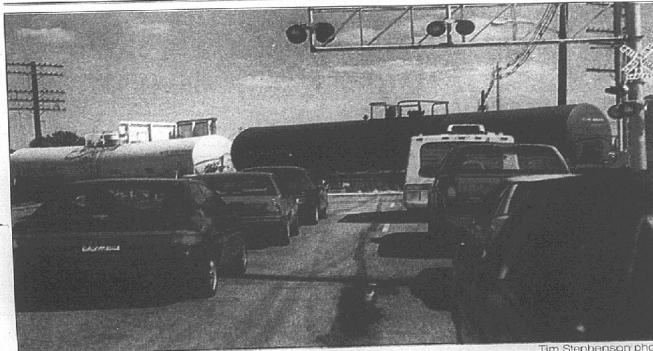
Oxford also credits high enrollment to an increase in transfer students.

"We have a very strong transfer population. To see that grow even more is very satisfying to us," she said.

"We're a little concerned about the fact that we will not have additional housing for two years. With the waiting list we had this year, we're really urging people to apply for housing early."

SIUE is in the early planning stages for a third residence hall.

Full-time student figures are up from 8,831 last year to 9,132 this year.



Motorists wait out a train crossing at the intersection of Nameoki and Pontoon roads in the Tri-Cities area, but frequent delays caused by the trains are enough to irritate even the most patient of motorists. Today's Big Picture looks at the importance of trains in today's economy; see Page 4A for the full story.

Car-train collisions a fact of life throughout Granite City area

Despite risks, some drivers insist on taking chances

By Scott Cousins
 Staff writer

On a Friday afternoon in November 1995, a St. Louis man didn't notice the railroad crossing gates on Pontoon Road near Nameoki Road in Granite City were down.

He was coming off a side street onto Pontoon Road, and he blamed the mid-afternoon glare. He might even have been right.

Halfway through the railroad crossing, he heard the blare of a locomotive's horn, and looked to his left, saw the

daily Chicago to St. Louis Amtrak bearing down on him at more than 70 mph.

He instinctively hit the accelerator, moving his car forward just enough that the train struck the rear of his car. The car spun around several times out of the path of the train, the rear end was demolished, but the man was uninjured, and walked away from the accident.

"How I kept from getting hurt, I'll never know," the man said at the scene. "I got halfway into the intersection when I heard the horn. I was so surprised to see that damn thing right on top of me."

Police and railroad officials

said he was very lucky. Five days later, a 19-year-old Wood River man wasn't.

According to police, he apparently ignored the same signal and tried to beat the train - again a speeding Amtrak.

The car was struck by the northbound train and dragged about 50 feet, struck a pole and was torn completely in two.

Both the driver and his 35-year-old passenger were killed.

"It's been deadly," said Maj. Kip Pomeroy of the Granite City Police

See TRAINS, Page 7.

fairWeather 5
 Tim Stephens photo
 Cindy Preszler, Director of Weather Operations
 KSDR-TV, NewsChannel 5 Weather Source Team

Wednesday 68/50	Thursday 74/56	Friday 77/59	Saturday 68/49
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Granite City Journal

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Officer's search may cause murder case to come apart

Suspect contends illegal activity; Romani delays ruling

By Dennis Grubaugh
Staff writer

A Collinsville police officer following a blood trail said Thursday he was looking for a person in

need of medical attention when his 1996 apartment search yielded a more gruesome discovery — the body parts of a man allegedly cut up by his girlfriend.

Now, a pending ruling about the legality of that search may determine whether the prosecution can win the first-degree murder case against Suzanne M. Johnson, 43, of Godfrey, Susan Jensen, Madison County first assistant state's attorney, said.

On Thursday, Johnson's attorney pressed a motion in Madison County Circuit Court to suppress the evidence against her, saying the search was illegal because it was conducted without a warrant. Circuit Judge Charles V. Romani Jr. had delayed a ruling until attorneys can exchange memorandums and fully argue the motion.

"If we lose that motion, we lose everything," Jensen said after Thursday's hearing.

After she was taken into custody, Johnson admitted killing her live-in boyfriend, Frank Brown, 42, authorities said.

Her arrest, however, was predicated on discovery made during the apartment

search Sept. 14, 1996, by Dan Arvizu, police officer, who testified Thursday.

Arvizu said a tenant in a basement-level apartment, who had noticed a red liquid oozing from the ceiling of her bedroom, called him to the scene in the first block of Marcia Court.

Arvizu said he got the landlord to let him into the apartment above, intending to see if someone was hurt or dead. He said he went room to room in the two-level apartment but found nothing to indicate violence, save for a quarter-size blood spot on a wall in a hallway.

As he passed through the kitchen a second time, Arvizu said he brushed a large, green outdoor-type trash can with wheels that was leaning against a wall. The lid fell to the floor, and inside he saw a blanket thrown over an object. He said he pulled back the blanket and saw a foot protruding out, covered by a sock.

The apartment quickly became a crime scene.

Authorities went on to discover that Brown's head had been chopped off, wrapped in towels and hidden in the freezer. His genitalia had been mutilated and the torso dumped into the trash can. An attempt had also been made to sever the legs.

Defense Attorney Joseph Brown, of the Edwardsville law firm of Luco, Brown and Mudge, questioned Arvizu intently on the need to conduct the search without a warrant.

Brown noted that Arvizu continued the search even

after discovering no evidence of a crime and no one in need of help after his first trip through the apartment.

"You didn't think there was a person in need of aid inside the blanket, did you?" Brown asked.

"No," Arvizu responded. "You didn't have probable cause to search the trash before pulling the blanket cover back?" Brown asked.

"No," Arvizu said. "I was concerned about what was in there. For having such a large trash can in the hall, leaning against a wall."

It wasn't until the next day that a search warrant was sought to comb the apartment in fine detail, Jensen said.

She said she had no problem with the search.

"I believe he had a right to be there, under emergency entry exceptions," she said.

Jensen said she also believes Arvizu had a right to look into the trash can "to see if there were any signs" connected to the blood trail in the apartment below.

Authorities concluded that a large water-vacuuming device that they Johnson had rented to clean up evidence caused the seepage.

Authorities said Johnson, who is out on bond, told them she had shot Brown three times after a quarrel over his philandering ways. She had planned to dispose of the body piece by piece, police said.

Child struck by vehicle while crossing Nameoki

Victim suffers broken leg; no charges filed in incident

By Mike Heil
Staff writer

A child was transported to St. Elizabeth Medical Center Saturday afternoon after

being struck by a vehicle while trying to cross Nameoki Road. Charles E. Hill Jr., 8, of the 9200 block of St. Clair, Fairview Heights, remained at the hospital overnight. He was released Sunday after being treated for a fractured leg, according to a medical center

spokesperson.

Charles D. Krauser, 45, of E. 24th Street, Granite City, the driver of the Chevrolet pickup truck that struck Hill, was not charged and did not receive any citations.

A police accident report stated that Hill tried to cross Nameoki about 12:30 p.m. from Save-A-Lot parking lot when Krauser's southbound pickup struck him, running over his leg.

Krauser stopped the vehicle and went to Hill's aid, as did Kimberly J. Vietmeier of Alhambra, who was traveling

northbound on Nameoki.

She moved Hill to the side of the road until emergency personnel from the Granite City Fire Department arrived on the scene. Krauser or Vietmeier could not be reached for comment nor could Hill's parents, whose names were not listed in the report.

Krauser stated in it that Hill ran in front of his pickup. A 9-year-old friend of Hill who was standing along the medium, also stated that he told Hill to stop because he was going to get hit.

Police Blotter

Granite City Police

BURGLARY: A burglary occurred Saturday evening at Park Towne West Mobile Home Park.

According to a police report, about 7:50 p.m. a door and lock valued at \$400 was stolen as well as \$7 in cash. Entrance was gained by the way of the back door, which, according to the report, was kicked open. Police are investigating and have a suspect, a 33-year-old Granite City man.

A burglary occurred Thursday in the 1200 block of Meridian. About \$500 in change was stolen from a water bottle as well as a \$100 gold-plated watch and a \$50 gold chain. The items were stolen between 9 a.m. and 3 p.m. Police are investigating and have a suspect, a 15-year-old boy.

CHILD NEGLECT: Annette M. Bokan, 34,

of the 3100 block of Ash, was charged with child neglect.

According to a police report, Bokan's children, ages 7 and 4, allegedly have been seen playing unsupervised in the streets and are left unattended while Bokan is at work.

ASSAULT AND BATTERY/HATE CRIME: Police are seeking battery, assault and hate crime charges against two Granite City men.

According to a police report, a hate crime allegedly occurred around 12:50 a.m. Sunday in an apartment in the 2200 block of State Street. Two white males, ages 22 and 26, allegedly went to an apartment where a black male lives and allegedly

started a fight.

One of the white males allegedly made several racial slurs toward the black male and then threw a beer bottle at him, striking him in the face. The white males fled in a vehicle. Police are investigating.

DUI: Paul Herman Nohl, 40, of the 2300 block of Lynch Avenue, was charged with driving under the influence of alcohol.

According to a police report, Nohl allegedly was involved in an accident around 2:45 a.m. Saturday along West Porton Road. An officer, the report stated, smelled alcohol on Nohl while asking him questions. He was given a breathalyzer test.

Financial aid workshop scheduled

By Curtiss A. Hartley
Staff writer

College bound students and their families spend a lot of time thinking of ways to finance a college education. An upcoming free workshop in Edwardsville will offer help with planning and paying for college.

Congressman John Shimkus (R-Collinsville) and Sallie Mae will sponsor the event, scheduled for 10 a.m. Oct. 2 at Edwardsville High School.

6161 Center Grove Road. Students and their families will learn about how to apply for financial aid, as well as how to qualify for aid that's available.

Participants will receive materials with in-depth coverage of financial aid processes.

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Past Participant

Metro East mayors discuss regional revitalization

By April Calvin
Staff writer

Metro-East area mayors came together recently at McKendree College in

Lebanon to discuss community and regional development and revitalization.

METRO EAST

The event was part of St. Louis 2004, an improvement project begun in 1996, and dedicated to preserving individual communities' unique characters, while advancing development strategies that will recognize the interconnected nature of the region.

"I think St. Louis is at a

turning point," Richard C. Ward,

president of Development Strategies, which offers consulting services, particularly in economic and real estate development ventures, said.

Ward explained that we have reached a point where most of the easily developed landscape was already swallowed up by urban sprawl.

Illinois residents have watched construction boom in recent years as the area population spreads east. St. Louis' growth is limited by the Missouri and Mississippi rivers on the north and east, and the Ozark region to the southwest.

Ward called the area economy well-structured and balanced, and offered three goals in further development:

- Job creation, attraction, and retention;
- Wealth creation for communities; and;
- Enhancement of quality of life.

"Those are the three legs of the economic development stool," Ward said.

"St. Louis is not a spectator sport," Megan M. Schicker, Team St. Louis program manager for 2004, said, calling it the current tagline of John C. Danforth, former U.S. senator and chair of St. Louis 2004.

Danforth was unable to attend because of other duties in the ongoing Waco investigation.

"To join groups have to endorse the idea that St. Louis can have a renaissance by 2004," Schicker said.

Also speaking was Alfred H. Kerth III, president and

CEO of the Eads Center, established by Kerth in June 1998 to provide free counseling on community and civic records to various non-profit organizations in the St. Louis area.

Kerth discussed some of the 11 key initiatives of St. Louis 2004, including Gateway Parks and Trails and Sustainable Neighborhoods.

The parks project is a joint Illinois-Missouri effort, established when Govs. Ryan and Carnahan met to sign the paperwork.

In November 2000, voters will have the chance to approve a one tenth of one cent sales tax to fund the parks, with half the money going into a regional pool and half remaining in the local area.

Sustainable Neighborhoods is a consortium of banks committed to loan \$751 million to

homeowners in designated neighborhoods.

"McKendree College is enjoying a wonderful renaissance, if you will," James Dennis, College president, said.

Dennis proudly noted that over 1,200 fulltime students are already enrolled full-time for the spring semester, 18 of them valedictorians.

The same spirit of growth and rebirth is embodied in the St. Louis 2004 project.

Targeted is a 12-county area, St. Clair, Madison, Monroe, Clinton and Jersey counties in Illinois, as well as seven Missouri counties, Franklin, Jefferson, Lincoln, St. Charles, St. Louis City, St. Louis County and Warren.

The year 2004 was chosen as the deadline because of its historical significance.

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Eye Health Advisory

D.C. Schnellmann, MD - E.A. Doisy, III, MD - W.Y. Chen, MD - M.A. Yates, OD

What You Need to Know About Age-related
Macular Degeneration.

by D. C. Schnellmann, MD,
FACS Illinois Eye Specialists

Age-related macular degeneration occurs when the central portion of the retina, called the macula, begins to breakdown. The macula is the part of the retina that allows you to clearly see fine details. Macular degeneration is the leading cause of vision loss in people over age 60.

Most often macular degeneration occurs as a part of the natural aging process and may tend to run in families. If only one eye is affected, the patient may not be aware of early visual symptoms. When a patient does begin to have symptoms he may notice that words on a page look blurred, a dark area may appear in the central vision, or straight lines may look distorted.

There are two types of macular degeneration, the dry type and the wet type. The most common type is dry macular degeneration and is usually caused by aging and the thinning of tissues in the macula. There is no treatment for this type of macular degeneration. The wet type accounts for only 10% of all cases. This type of macular degeneration occurs when abnormal blood vessels grow in the back of the eye, and these blood vessels may leak or bleed. Many times these leaking blood vessels can be controlled by a laser treatment that seals the leaking vessels. Following this laser procedure, the vision loss will not return, but the loss may be prevented from progressing and threatening the remaining sight.

If you would like more information on macular degeneration, call one of our offices listed below. At Illinois Eye Specialists, your eye health is our number one priority.

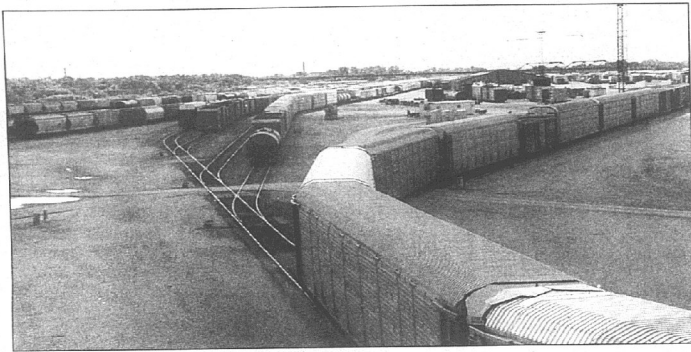
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The Big Picture Metro East is 'on track'



The railroad industry remains a vital force in the area's economy.

By Scott Cousins
Staff writer

To some people, trains are romantic.

They conjure images of travel through lonely or desolate places, parting or meeting amid the steam and noise of a crowded station, or just a more simple time before automobiles clogged the highways.

To others, they are noisy mile-long black worms blocking traffic as they head for dirty rail yards.

There may be truth in both, but one thing is for sure, in the Metro East trains are big business.

For more than 150 years, the Metro East has been a natural congregating point for railroads and rail yards, and the passengers and cargo they carried.

Starting in the 1840s with a six-mile track taking coal from the bluffs to present-day East St. Louis, the rail industry grew phenomenally in the mid-to-late 19th century. The growth led to the large rail yard system, the development of the East St. Louis stockyards and related packing plants, to the heavy industries in Granite City.

While the stockyards and many other industries in the area have either closed or radically changed, and much of the passenger traffic has gone to either airplanes or highways, railroads are still a major force in the Metro East.

"They've probably got more business than they can handle," Joseph Ciacio, president of the Illinois Railroad Association, said, talking about railroad companies operating in the St. Louis region.

"Part of the reason is the growing economy, but the industry has become more efficient. It's cheaper to transport by rail in many circumstances."

Bill Browder, director of operations for the Association of American Railroads, said that's especially true for cargo traveling 500 miles or more.

"We feel we offer a very good advantage," he said.

When talking to railroad officials about local rail traffic, two words come up—intermodal and interconnecting. Intermodal transportation is a combination of rail, road, air and water, and is the future for railroads, Ciacio said.

With its access to the Mississippi River and the related barge traffic, major highways connecting both north-south and east-west, the St. Louis region and the Metro East in particular, are major beneficiaries of the boom in intermodal transportation.

Jim Pennkamp, executive director of the Leadership Council Southwestern Illinois, said his organization has been promoting Madison and St. Clair counties as prime locations for development based

on its easy access to all modes of transportation.

"It's one of the most attractive elements for business," Pennkamp said. "Different transportation modes meet here and become real incentives for industries to locate in the area."

He said a major player in intermodal transportation is the Tri-City Regional Port Authority.

A study showed using the intermodal transportation system could save 20 percent of shipping costs for some companies.

Norfolk & Southern is also constructing a new intermodal rail yard off of Illinois 111 north of Mitchell for its Triple Crown operation, which handles road railers, truck trailer

St. Louis and nearby communities, are very important. They are important because Mississippi River forms a natural separation between railroad operations in the eastern and western United States, Gary Wollenhaupt, director of communications for CSX Transportation, said.

"One of the things we'll run in to is 40 to 50 percent of a railroad's traffic is interchange traffic," he said. "It depends on another railroad carrier, and East St. Louis has a major role in that."

CSX is one of four major railroads operating through the Metro East. The others include Union Pacific, Norfolk & Southern and Illinois Central. CSX and N&S recently divided Conrail.

The railroad industry remains a major player in the area's economics

said that no other railroad companies could own stock in it, but that was changed by the U.S. Congress and within a few years TRRA had control of the Merchants Bridge.

The major change in the TRRA came after 1892, when Rock Island Railroad Co. attempted to obtain a connection to the bridges, but was rebuffed by TRRA.

A subsequent lawsuit by the Sherman Anti-Trust Act went to the U.S. Supreme Court, which ordered TRRA to be reformed in 1912 to allow all railroads access to the bridges and terminal operations. TRRA is now owned by railroads operating in the area and its main function is to coordinate and perform car transfers between the various lines. The major focus of its

Local railroads date to early 19th century

By Scott Cousins
Staff writer

The first railroad in the Metro East was the Illinois and St. Louis Railroad.

The company was formed in 1837 to carry coal from Pittsburgh to the Illinois side of the Mississippi River across from St. Louis—a distance of about six miles. The roadbed was used for wagon traffic until the rail was finished in 1841.

After moderate growth in the 1840s, the rail industry—both locally and nationally—boomed.

These engineering triumphs of the age."

That triumph was not without cost. Workers setting the piers of the bridge worked so deep below the water that many suffered from the bends. That accounted for 14 fatalities and several workers who were crippled.

At the time of its construction, the Eads Bridge was the first steel arch bridge in the world, the first bridge across the Mississippi, and the first

major steel structure.

Bridges and rail crossings on the Mississippi River became a major issue at the turn of the century after the federal government started breaking up monopolies using the Sherman Anti-Trust Act. A case involving the TRRA's control of the Eads and Merchants bridges went to the U.S. Supreme Court. The case forced the TRRA to be restructured to allow all railroads access to those bridges.

The rail industry continued to grow through World War I. Since then, there has been little track added nationally, and new lines were offset by the elimination of obsolete lines. The industry also underwent major changes after World War II, including the demise of the steam engine in favor of diesel, the loss of passenger traffic, and mergers that turned railroads into giant conglomerates.

While the industry, both locally and nationally, has seen major changes, it is expected to continue to be a strong player in the Metro East economy into the next millennium.

In 1864, the Illinois and Missouri legislatures approved construction of a Mississippi River bridge, and the St. Louis and Illinois Bridge Co. was incorporated. The first stone of what would be the Eads Bridge was set on Jan. 25, 1868, and the bridge opened to traffic in June 1874.

By 1876, at least 11 major railroads had lines going through or terminating in East St. Louis, which was both a natural stopping point and a major obstacle for railroads.

The obstacle was the Mississippi River.

Under the terms of the Eads Bridge in 1874, railroad cars were ferried across the Mississippi River, which was both expensive and time consuming.

The construction of the Eads Bridge, which considered a great engineering feat at the time, solved that. Eventually four bridges, Eads and MacArthur opened in 1917, and Merchants and McKinley opened in 1910, would carry rail traffic across the river.

Today only two, the Merchants and MacArthur, owned by TRRA, carry rail traffic. The Eads bridge is used for Metrolink light rail traffic, and the upper road deck is being repaired. The McKinley Bridge is used for vehicular traffic only.

In 1864, the Illinois and Missouri legislatures both



Tim Stephenson photo

Long lines of cars at railroad crossings are a familiar site as freight trains still pass through most corners several times a day.

The other major player in the area railroad industry is the Terminal Railroad Association of St. Louis, which operates both the Merchants and MacArthur bridges, as well as the major rail yards in Illinois.

TRRA was originally formed in 1889 by railroad magnate "Robber baron" Jay Gould and several railroad companies.

TRRA eventually obtained control of both the Eads and Merchants bridges and adjoining rail connections, creating a monopoly on rail traffic passing over the river.

The Merchants Bridge was built in 1889 by a group of St. Louis businessmen wanting to avoid paying high prices to use the Eads bridge.

To keep other railroad companies from taking control of the bridge, its original charter

operation is the Madison Yard north of East St. Louis.

"East St. Louis is a very important interchange point where railroads trade cars," Wollenhaupt said. "CSX, for example, doesn't have any tracks on the other side of the Mississippi. It is one of our major interchange points, the others being Memphis, Chicago and New Orleans."

While Union Pacific runs on both sides of the river, the Metro East is also a major interchange point.

"For us, it's one of the major gateways for east-west connections with eastern railroads," Mark Davis, U.P. spokesman, said.

Today, trains coming through the yards along the Mississippi River travel to all points of the country.

The MacArthur and Merchants bridges carry heavy rail traffic to Kansas City, Houston and other points west, while rail lines connect to Chicago, Memphis, New Orleans, Indianapolis, Cincinnati and throughout the east.

"The industry has become more efficient. It's cheaper to transport by rail in many circumstances."

Joseph Ciacio
Railroad association president

Pennkamp said the new Triple Crown facility will be a major boon to the area, especially the Gateway Commerce Center just down the road.

Interconnection is also a major factor in the area's rail industry.

The Metro East, specifically the major rail yards stretching from Dupu to Wood River—and especially in East

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NATIONAL HUNTING AND FISHING DAY

September 25, 1999

A Natural Invitation To Step Outside

Over a quarter century ago, National Hunting & Fishing Day[®] was established by Congress to recognize generations of hunters and anglers for their commitment to wildlife conservation and to encourage the public to learn more about the crucial role that the outdoor sports play in funding America's conservation programs. NHF Day is now a 28-year tradition observed with thousands of local events and activities.

How Hunters & Anglers Pay For Conservation



HUNTING & FISHING LICENSE SALES total nearly \$1 billion annually. This contribution supplies over half the income of the state conservation agencies and is used for wildlife management, education and safety programs.

EXCISE TAXES on sporting equipment — such as fishing tackle, firearms and ammunition — provide another \$400 million, funding thousands of conservation, habitat improvement and recreation projects across America.

DUCK STAMPS purchased by migratory bird hunters add another \$21 million in annual funding — totaling over \$500 million to date. This money has been used to purchase some 5 million acres of wetlands habitat.

CHARITABLE CONTRIBUTIONS by hunters and anglers to some 10,000 private organizations provide another \$300 million in wildlife funding — in addition to the countless hours they spend doing vital conservation work.

ALL TOLD, hunters and anglers annually provide over 75% of the average funding for state conservation agencies, and some nine dollars for each single taxpayer dollar invested in wildlife.

Virtually every species of wildlife, from songbirds and chipmunks to bald eagles and whooping cranes, benefits from the programs supported and financed by hunters and anglers. This year, on NATIONAL HUNTING & FISHING DAY, SATURDAY, SEPTEMBER 25, join with America's "First Environmentalists" in supporting conservation.

News

Parents, kids, teachers need to be on same page

Systematic follow-through and good communication after a conference with your child's teacher or counselor will help your child benefit the most from your insights and plans. Immediately after the conference, summarize key points with your spouse and follow up with a letter to the teacher.

Make the letter as specific and positive about your child and the teacher as possible. This will clarify the issues for you, smoke out any areas of confusion and provide a record for ongoing communications with your child's teacher. It also underscores your seriousness, which goes a long way towards ensuring a teacher's commitment.

Confer with your spouse after the conference to prepare yourselves for meeting with your child.

Review the changes that need to be made and clarify your roles. Who is in charge of monitoring the homework? What is the schedule, and who sees that it is kept? Do roles change according to the weekly family schedule? Who provides tutoring or arranges for it if necessary?

Decide how to share conference information with your child. If you must establish a new plan that will involve extra effort or a new attitude, make sure you and your spouse both meet with your child together so he or she knows you are united. Help your child understand that you and the teacher are working together as a team to support the child's learning and growing.

Be sure to enumerate specific things your child has done well. Quote positive things the teacher said about your child, especially if you want to make some changes, because your child will work best knowing the teacher has made positive comments. Keep the focus on your child and avoid comparisons with siblings or classmates.

Instead of talking about problem areas, emphasize that the progress your child has made in specific areas now makes it possible to undertake even greater challenges. Put any discouragement or frustrations aside, and keep your tone matter-of-fact and positive.

Never have this conversation in the presence of other siblings. Inform each the child individually if there are things that might affect him or her, such as television restrictions or a dinner schedule to accommodate new homework priorities.

Follow-through is essential. Make sure that, a few weeks, you maintain the same diligence you displayed during the first few days after the conference. Your consistency will ensure that your child develops new routines that will help him or her succeed.

At the same time, keep the lines of communication open at school, using the telephone, notes and drop-by visits to reinforce the parent-teacher partnership and monitor progress.

These follow-up strategies will create the adult teamwork and supportive environment at home and school that a child needs for success at each stage of his or her career.

Dennis O'Brien is a licensed clinical social worker and executive director of the Zink the Zebra Foundation.

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Obituaries

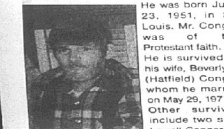
Willie Atterberry Sr.
WILLIE ATTERBERRY SR., 76, of Detroit, died Sept. 2, 1999, at Elmwood Nursing Home in Detroit.
 He was born Sept. 2, 1923, in Shaw, Miss. Mr. Atterberry was a U.S. Navy veteran of World War II and of the Baptist Church. He is survived by a son, Willie Atterberry Jr., of South Field, Mich., formerly of Madison; seven stepchildren; a sister; a brother and 13 grandchildren.
 He was preceded in death by his first wife, Elsie (Hixon) Atterberry; his second wife, Margaret (Holliday) Atterberry Sr.; his parents, Chas. and Carrie (McKinnis) Atterberry Sr., and his brother, Chas. Atterberry Jr.
 Funeral services were held Sept. 10 at Officer Funeral Home in St. Louis. Burial was in Jefferson Barracks National Cemetery in St. Louis.

Harold Bone
HAROLD BONE, 69, of Granite City, died at 9:30 a.m. Sunday, Sept. 19, 1999, at his residence.



He was born Nov. 8, 1929, in Granite City, Mo. Mr. Bone attended Tri-City Assembly of God Church. He worked for Granite City Steel as powerhouse turbine operator for 25 years.
 He is survived by his wife, Betty (Kellams) Bone, both of Granite City; and three sons, Ornel Bone and Harold E. Bone of Maryville; two daughters, Deborah Bone and Betty Paul, both of Granite City; two sisters, June Hecht and Remona Sullivan, both of Granite City; two brothers, Kenneth Bone of Poplar Bluff, Mo.; eight grandchildren; and a great-grandchild.
 He was preceded in death by his parents, Bertley and Donna (Harris) Bone; a brother, Ornel Bone; and a sister, Helen Bradshaw.
 Funeral services were held Tuesday at Irwin Chapel in Granite City, with the Rev. Archie Strong officiating. Burial was in Sunset Hill Memorial Estates in Edwardsville.

Raymond Conger
RAYMOND E. CONGER, 48, of Granite City, died Saturday, Sept. 18, 1999, at his residence.



He was born June 23, 1951, in St. Louis. Mr. Conger was a member of the Protestant faith. He is survived by his wife, Beverly K. (Haffield) Conger, whom he married on May 29, 1971.
 Other survivors include two sons, David and Lowell Conger, both of Granite City; a daughter, Angela Conger of Granite City; three brothers, Roy Conger of Collinsville, Randall Culp of Granite City and Billy Conger of Texas; two sisters, Mada Conroy of Kentucky and Helen Conger of Jefferson City, Mo.; and three grandchildren, Brittany Conger, James Conger and Justin Conger, all of Granite City.
 He was preceded in death by his parents, Joseph and Laverne (Taylor) Conger and a sister, Margaret Conger.
 Funeral services were held Tuesday at Thomas Mortuary in Granite City, with the Rev. Eddie Linhart officiating. Burial will be in St. John Cemetery in Granite City. Memorials may be made to Hospice of Madison County or Granite City Four-square Church Building Fund.

Florence Corey
FLORENCE IRENE (SCOTT) COREY, 76, of Granite City, died at 3:30 a.m. Sunday, Sept. 19, 1999, at her residence.
 She was born April 12, 1923, in Granite City, Mo. Mrs. Corey was a member of Mitchell Presbyterian Church and owned and operated Corey's Liquors in Granite City.

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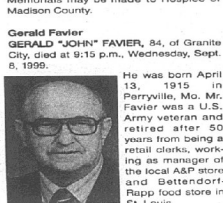
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She is survived by a daughter, Sharon DeWitt of Granite City; four sons, Larry Corey and Greg Corey, both of Granite City, Sgt. Maj. Randy Corey of Carbondale and Stan Corey of Wood River; a brother, Henry Scott Jr. of North Carolina; a sister, Wanda Watson of Granite City; 13 grandchildren; and 15 great-grandchildren.
 She was preceded in death by her husband, James Wendell Corey; her parents, Henry Paul and Lily (Bailey) Scott; and two sisters, Juanita Hamson and Marie Dukes.
 Funeral services will be held at 11 a.m. today, Wednesday at Irwin Chapel in Granite City, with the Rev. Jeff Smith officiating. Burial will be in Sunset Hill Memorial Estates in Edwardsville.
 Memorials may be made to Hospice of Madison County.

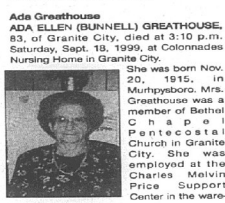
Gerald Fawcett
GERALD "JOHN" FAWCETT, 84, of Granite City, died at 9:15 p.m. Wednesday, Sept. 8, 1999.



He was born April 13, 1915 in Perryville, Mo. Mr. Fawcett was a U.S. Army veteran and retired after 50 years from being a retail clerk, working as manager of the local A&P store and Bettendorf-Rapp food store in St. Louis.
 He was a member of St. Elizabeth Catholic Church in Granite City, a 3rd-degree member of the Knights of Columbus, Moose Lodge 1349 in Wood River, American Legion Post 365 in Collinsville, ANVIST Post 204 in Madison and American Association of Retired Persons chapter 1340. He was signed to play baseball for the St. Louis Cardinals, but instead went to war and was inducted into the Granite City Baseball Hall of Fame in 1965.
 He is survived by his wife, Helen C. (Mueck) Fawcett, whom he married on April

27, 1946.
 Other survivors include two daughters, Annette Pulaski and Mary Goodrich, both of Granite City; a sister, Olive Sigite of Collinsville, N.H.; and six grandchildren, Paul Pulaski and Shelly Pulaski and Amy, Jennifer, Lauren and Joshua Goodrich, all of Granite City.
 He was preceded in death by his parents, William and Emma Fawcett; a sister, Dora Kriv; four brothers, Clyde Fawcett, Kirby Fawcett, Benny Fawcett and Francis Fawcett; and a grandson, Jason Fawcett.
 Funeral services were held at St. Elizabeth Catholic Church with the Rev. Tom Liebier officiating. Burial was in Calvary Cemetery in Glen Carbon.
 Irwin Chapel in Granite City handled the arrangements.

Ada Greathouse
ADA ELEN (BUNNELL) GREATHOUSE, 83, of Granite City, died at 3:10 p.m. Saturday, Sept. 18, 1999, at Colonnades Nursing Home in Granite City.



She was born Nov. 20, 1915, in Murphysboro, Mo. Mrs. Greathouse was a member of Bethel Church in Granite City. She was employed at the Charles Melvin Price Support Center in the warehouse for two years.
 She is survived by a daughter, Doris Macdon of Granite City; two sons, Dennis Greathouse and Frank Greathouse, both of Granite City; two grandchildren; and a great-grandchild.
 She was preceded in death by her husband, Frank E. Greathouse; her parents, Lawrence and Marcella (Elliott) Bunnell; and two sisters, Gladys Ray and Ethel Price.
 Funeral services were Tuesday at Bethel Chapel Pentecostal Church, with the Rev. Leon Bell officiating. Burial was in Sunset Hill Memorial Estates in Edwardsville.
 Memorials may be made to Hospice of Madison County.

Frank Hahn Sr.
FRANK J. HAHN SR., 64, of Granite City, died at 4 p.m. Saturday, Sept. 18, 1999, at BJC Barnes-Jewish Hospital in St. Louis.

He was born May 9, 1937, in Granite City, Mo. Mr. Hahn served in the U.S. Coast Guard and was a member of Temple Baptist Church in Madison. He worked as a carman for N & W Railroad for 33 years, retiring in 1986.

He is survived by his wife, Margaret Fay (Whitt) Hahn, whom he married on Nov. 25, 1960; his mother, Annabel Murphy of Granite City; two daughters, Christine Tidale of McDonough, Ga., and Cynthia Hahn-Jones of Granite City; two sisters, Hedy Hahn of Edwardsville and Jean Deckard of Granite City; a brother, Norman Hahn of St. Louis; and five grandchildren, Adam Bauer, Alexis Bauer, Leah Tidale, all of McDonough, Ga., and Zachary Hahn and Jacob Hahn, both of Granite City.

He was preceded in death by his father, Frank J. Hahn; his stepfather, Frank Murphy; an infant daughter, Mary Catherine Hahn; and a brother.
 Funeral services were held Tuesday at Irwin Chapel in Granite City with the Rev. Paul Eppa officiating. Burial was in Sunset Hill Memorial Estates in Edwardsville.

William Hogue
WILLIAM C. HOGUE, 79, of Granite City, died at 2:10 p.m. Saturday, Sept. 18, 1999.

He was born June 16, 1920, in Metropolis, Mo. Mr. Hogue was a U.S. Army veteran and of the Protestant faith. He was a member of Operating Engineers Local for 34 years.
 He is survived by two sons, Rob Patterson of Jerseyville and Dale Hogue of Hilton Head, S.C.; and five grandchildren, Sean Hogue, Stuart Hogue and Curtis Hogue, all of Hilton Head, S.C., and Beth Patterson and Sarah Patterson, both of Jerseyville.

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More than two-thirds of both adults and teens say it is very important for students to be given a strong message from society that they abstain from sex until marriage.

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Mississippi River bridge hearings scheduled

Continued from Page 1A

Tom Slekman, district engineer of local roads and streets for IDOT District 8, said they are preparing to begin the second phase of the project.

IDOT's five-year plan calls for approximately \$39 million for engineering and land acquisition for the new bridge, which would cross the river south of the McKinley Bridge and connect to a relocated

Illinois Route 3, Interstate 70 and I-84 in Illinois and I-70, 14th Street and Tucker Boulevard in Missouri.

Slekman said that by 2004 or 2005, they hope to be ready to seek construction funding for the bridge, which is expected to cost more than \$500 million.

He said that regardless of what else is done to relieve congestion, the bridge is vital.

"If we don't have the bridge, we're going to have longer delays and for

increased periods," he said.

A study by Sverdrup Civil Inc. showed that unless a new bridge was built by 2020, delays for motorists crossing the King and Poplar Street bridges could exceed 30 or 40 minutes over a three or four-hour period each day.

"Motorists wanting to cross both the King and Poplar Street bridges will exceed the actual traffic that the bridges can accommodate by more than 25 percent," the study read. "This unmet demand will stagnate development since these motorists will choose not to travel across the Mississippi River at downtown during the peak (traffic times)."

Representatives from MoDOT, IDOT and Sverdrup will be available throughout the meeting to discuss the project and accept comments from interested persons. No formal presentation will be made.

Comment forms will be provided at the meeting, and additional comments can be mailed or faxed to IDOT by Oct. 20. E-mail comments may also be sent to slekman@dot.state.il.us.

Car-train collisions fact of life in Granite

Continued from Page 1A

Department. "There's been people killed there as long as I've been on the job. I think my first fatal accident was at that intersection."

It doesn't take a rocket scientist to figure out who loses when trains and cars collide.

While the number of rail crossing collisions in Illinois had declined dramatically since 1978, it is still a major concern for the Illinois Commerce Commission - the state agency responsible for crossings, the Illinois Department of Transportation, and local law enforcement agencies.

In 21 years the number of crossing collisions decreased to 188 in 1998, from 767. Officials cite improvement to crossings, better enforcement and smarter drivers.

Most dangerous crossings have some kind of unusual factor. In the case of the Granite City crossing, it is a combination of multiple tracks, high-speed trains and poor visibility from one direction.

And while agencies don't keep a "dirty dozen" list of the

"People just plain violate the law in 99.9 percent of the cases."

Bob Martin
IDOT Railroad Technician

most dangerous railroad crossings, they know where they are.

"As far as I'm concerned, that's number one," Bob Martin, a railroad technician with IDOT, said of the Granite City crossing.

He said it boils down to a combination of high rail traffic and high vehicle traffic, then the variables such as the kind of traffic and visibility.

The other factor is that most accidents occur when someone tries to beat the train.

"People just plain violate the law in 99.9 percent of the cases," Martin said.

He said that according to state law, the lights and barriers at a rail crossing must activate a minimum of 20 seconds before the train reaches the crossing.

Going around a crossing is against the law, and violators can be fined up to \$500.

It is also against the law, and not a very smart thing to do - to go around the gates immediately after a train has passed and the gates are still down.

Pomeroy said both situations have occurred at the Granite City crossing.

"People will either go around the gates thinking there's no train when it's in fact an Amtrak on the west-

ernmost track, or they'll see a train pass thinking that it's the only train and the gates are jammed," Pomeroy said. "They'll go around the gates and there will be a second train."

At that crossing, he said the solution is some kind of impenetrable barrier, similar to one the Illinois Commerce Commission is testing in Hartford. However, that crossing has been plagued with mechanical difficulties.

But that solution would present its own engineering nightmare.

When the gates close a car or truck trapped in the middle might not have enough room to stay off the tracks.

Pomeroy said an overpass is very unlikely because of the space they would have to work in.

"It would be an engineering masterpiece and an engineer's nightmare," he said.

The ICC has spent more than \$247 million on improvements to 5,200 crossings, and IDOT spends about \$30 million each year in state and federal funds on rail crossing safety projects.

In addition, local and state agencies and railroads work with Operation Life Saver, a national public-private partnership agency that promotes rail safety.

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Edwardsville runs
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Inside

Sports

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Replacement
Collinsville hires successor
to Kirgan for wrestling
Inside

Kirgan takes helm at Granite City

Former assistant returns after 1-year stint with Kahoks

By Rick Broome
 Staff writer

The top job in Granite City grappling came surprisingly up for grabs at the end of the summer.

But have no fear, Warriors faithful—the responsibility is in capable, familiar hands.

Mike Garland, the Warriors head coach since 1987, is stepping aside to

concentrate on gaining his administrative certification. Taking over the reins is Al Kirgan, who comes back to Granite City after a one-year stint as Collinsville's head coach.

"I found out that I got the job on Aug. 21," Kirgan said. "I was told that Mike was going to resign, so I put in an application and was fortunate enough to get it."

Kirgan had been the wrestling coach at Coolidge middle school for eight years before assisting Garland

from 1996-98.

"We are extremely happy to have Mr. Kirgan as the head wrestling coach at Granite City High School," Granite City athletic director Jerry McKechnan said. "Granite City has an outstanding tradition in wrestling that goes back to Red Schmitt as head coach through Walt Whitaker. Mike Garland continued that tradition, and we feel that with the addition of Al Kirgan, that tradition is in very good hands and will continue."

Garland shaped finely-tuned

athletes in the proud tradition of Granite City wrestling and got results from pushing the kids to be the best they could be.

"Coach Garland worked extremely hard with the wrestlers," McKechnan said. "I know it was a difficult decision for him to step aside because wrestling is No. 1 in his heart. But we are very pleased to have Al Kirgan on our coaching staff. He was here before, and we know he will continue our proud wrestling tradition."

Kirgan has a legitimate title contender and a member of the family—on the roster is son George Kirgan, last year's third-place medalist in state at 180 pounds.

"That is beyond words," the elder Kirgan said. "It's a fairy tale, really, that a father gets to coach his son in his senior year."

"George has worked very hard, and while that doesn't guarantee a state title, he has a better chance than

See KIRGAN, Page 3B

GCHS rebounds from SWC loss

Edwards nets hat trick as Warriors blast Vikings

By Rick Broome
 Staff writer

For Granite City soccer, vengeance in the Southwestern Conference will have to wait. After a 3-0 shellacking from conference foe Edwardsville Thursday night, the Warriors came out inspired Saturday and knocked off St. Charles County (Mo.) Francis Howell 6-1.

Sophomore Rich Edwards got the ball rolling six minutes into the game. Senior Ian Kessel sent a kick from the corner into the Vikings' box. Edwards scooted into place and nodded home the volley to give his team a 1-0 lead. Edwards was far from finished. With 24 minutes left in the half, Mike Smith hopped and deked through the Vikings' box, eluding three defenders. Smith fed Edwards along the goal line, and Edwards put the sharp-angled shot into the net.

Two minutes later, the sophomore netted his hat-trick goal. Edwards ran along the goal line, side-footing another score from a sharp angle to give the Warriors a 3-0 lead they carried into halftime.

Smith got his own two minutes into the second half. Kessel dropped a pass from the top of the box in to Jay Gensert, who passed to Smith. The striker deked keeper Scott Blow and slid a low shot home.

The backfield got into the act 23 minutes later. Phil Reader sent a long pass from the Granite side of half ahead to Jared McMullan, who settled and blasted a hard shot past Blow.

The Vikings got one back against replacement keeper Adam Moniz, but senior spearhead Chris Merz regained the five-goal deficit with 28 seconds to play.

"I thought we played pretty well today,"

senior starting keeper Justin Roehr said. "We thought Francis Howell would be tough, and I thought everybody came out more ready to play than they had in the last game. We just had to pick up the tempo a little more. We lost a game and then came back to win a game. We always come back from a loss stronger."

"Now we just have to come back and get ready to get a win in the next game. Coach has been wanting us to play a full week at a time, so it was important to come back from the loss to Edwardsville and finish the week off with a win."

Granite City head coach Gene Baker was pleased with the effort.

"(Edwards) played a great first half," Baker said. "Mike Smith came on and played well in the second half. We were happy to see him score. I think Justin was on again today. I thought he was really a little more of a leader in goal today. McMullan was outstanding. "All the kids got to play." (Josh) Feacher had a good game. Reader is a very consistent player. That team beat Hazelwood Central 3-1 and beat (Rockwood) Marquette last night. They were a different team today. There was some rough play out there."

The Warriors improved to 5-2-1 for the season. Granite travels to the Hazelwood Central (Mo.) Tournament this week, an event in which they took third place last year.

"We have (St. Louis, Mo.) Whitfield (Spanish Lake, Mo.) Rosary and (Belleville) Althoff, all at Rosary," Baker said. "With our lack of depth right now we are hoping to get (Jeremy) Hickam back. He was really working hard to rehab the knee on the sidelines today (Andrew) Crider won't be back for two weeks, but that will help us when he is able to play. At least he will come back."



Tim Stephenson photo

Granite City's Mike Smith right is taken down by a Francis Howell player during Saturday's game, which the Warriors won 6-1.

McMullan settling into leadership role

Senior captain helps solidify squad

By Rick Broome
 Staff writer

Jared McMullan is a throwback.

The burly senior sweeper for Granite City's soccer squad wouldn't be a bit out of place on Coach Gene Baker's championship teams of the 1970s.

But McMullan is a part of the here and now and had a large leadership role on the team last year as a junior. The difference is that, as a senior this year, there is no fallback to the older players.

"This year is different because I was made a captain," McMullan said. "Myself, (Justin) Roehr and (Jeremy) Hickam were all made captains, so I have a bigger responsibility. I play almost all of every game. I make everybody run in practice and do things like that."

"We lost a lot of good seniors. Cory (Winfield) was a good player and controlled the ball at midfield for us. Dave (Margrave) got a lot of scoring for us, and we could use more of that. Brandon (Williams) talked a lot back there and gave us a lot of leadership. The rest of the team played really well last year, and we had to make up for that."

After an embarrassing 3-0 loss to Edwardsville Thursday,

head coach Gene Baker charged McMullan with leading a team meeting before practice Friday.

"He doesn't do that very often," McMullan said. "But when he does, he writes down some questions for me to ask the team. He wrote those down for me Friday, and I went and got the keys from him to open up the soccer shed and have the meeting."

Baker said McMullan deserves the responsibility.

"Right now he has really asserted himself to take chances to lead the team," Baker said. "I am very proud of him about that. On this team, he does a good job in the deep third, he comes forward on corner kicks, and he throws the ball in better than anyone we have seen all year."

McMullan has seen his charges break out of the gate at 5-2-1, a good start for a program that was supposed to be spending the year recuperating.

"I think we have played pretty well except for the two times we let down against Springfield (Sacred Heart-Griffin) and Edwardsville," McMullan said. "We should have beat them I think. I think those times we had too much fun on the bus, and there was too much jive, too much talking. The guys were sitting there talking about what they were going to

See SENIOR, Page 2B



Tim Stephenson photo

Senior sweeper Jared McMullan led a team meeting before practice Friday after a 3-0 Southwestern Conference loss to Edwardsville on Thursday.

Warriors top pack in area tourney

Win local event by 12 strokes

By Rick Broome
 Staff writer

Granite City preyed on the pack in the second annual Panther Classic Golf Tournament at O'Fallon on Saturday morning.

The Warriors won the tournament by 12 strokes, topping O'Fallon 307-319.

Highland was third with 320, followed closely by Belleville Althoff at 324. Mater Dei was next at 326, and the field bunched up with Triad (330), Jerseyville (331), Collinsville (333) and Bethalto Civic Memorial (335) separated by just five strokes.

Mascoutah brought up the rear with 361.

The tournament victory closed out an excellent week of play for Granite City, which logged wins Tuesday against Mascoutah and O'Fallon and Thursday against previously undefeated Alton and Collinsville.

"Belleville Althoff had beaten us before, so it was nice to get on top of them in the tournament," Granite City coach Boone Chaney said. "Last year was the first year they had this tournament, and we won it then as well. The kids played superbly this week."

Jeff Jerden was the tournament medalist, firing an impressive field-best 72. Brett Solberger came in sixth in the tourney, shooting a 77. Ryan McAteer (ninth) and Brett Briggs (10th) shot 79 each. Dan Harper shot an 81, and senior Ty Suhre carded an 84.

The Warriors took their 12-3 match record up against Belleville East and East St. Louis on Tuesday on their home course at Arlington and will face Civic Memorial and Mascoutah tomorrow afternoon.

"Last year was the first year they had this tournament, and we won it then as well. The kids played superbly this week."

Boone Chaney
 Granite City coach

Quarterback sparks Hampton University in Gateway Classic

By Lonnel Cole
Correspondent

There was no shortage of entertainment in and around the Trans World Dome Saturday evening: Tailgating parties outside the stadium, smaller parties in the many private booths inside, exciting performances by college bands, and for good measure, an action-packed football game between Arkansas-Pine Bluff and Hampton University. Hampton won the game 26-13 in the Budweiser Gateway Classic and the paid crowd of 33,400 "won" an enjoyable evening of festivities that transcended the game. As far as the game was concerned, Hampton quarterback Roy Johnson passed for 280 yards and accounted for three touchdowns to spark the Pirates (3-3) to victory in their first St. Louis appearance. Arkansas-Pine Bluff, meanwhile, suffered its third straight Classic loss and is 1-4 overall in the event here. But defeats aside, the Golden Lions of Arkansas-Pine Bluff have produced their share of exciting players at the Classic and last Saturday was no exception. Quarterback Kevin Williams passed for 175 yards, running back Ron Johnson rushed for 149 yards on a

whopping 7.1 carry average and receiver Kevin Soward hauled in eight catches. However, Hampton apparently had more weapons. Hampton had stymied an impressive Golden Lions drive with six minutes left in the game when Montee Foote sacked Williams for an 11-yard loss back to Hampton's 21-yard line. The Golden Lions later tallied in the last two minutes on an 18-yard pass from Williams to Soward, but it was

too little, too late. Hampton had scored its last touchdown following an interception return deep into Arkansas-Pine Bluff's territory. Likewise, Hampton scored its first touchdown three minutes into a game on a 3-yard run by Johnson, which set up a 76-yard pass play from Johnson to Michael Compton. "When you play hard, you create those kind of situations," said Hampton coach Joe Taylor. "I always

tell those guys we're not going to make many big plays but as long as we make enough plays." Taylor said he didn't initially plan to pass as much, but Arkansas' defensive scheme dictated a change. "We got to have balance," said Taylor. "They came out and stacked nine people on the line. We always come into a game wanting to run." Fortunately for the Pirates, they have the players capable

of making the adjustment. Hampton's Roy Johnson loves his receiving corps. "They're very aggressive," said Johnson who threw a touchdown pass of 58 yards to Warren Broughton with 1:50 to go in the half and a 12-yard touchdown strike to Michael Compton as time expired in the third quarter. "They're very young, too. That's what makes it so good." In a losing cause, Arkansas-Pine Bluff

quarterback Kevin Williams drew raves from the opposing coach. Williams, by the way, scored his club's first touchdown on a 1-yard run with 9:51 to go in the first quarter to pull to within 7-0, only to have the extra point kick blocked. But Williams' run capped an impressive seven-play, 84-yard drive. He also put together a five-play, 80-yard drive in the closing minutes of the game.

Senior settling into role as leader

Continued from Page 1B

do after the game instead of focusing on the game. I just yell at them and try to get them on track." McMillian's individual play has been consistently excellent, a real force and a major lynch pin in Baker's line of defense. "I think I have played all right except for the Springfield game probably," McMillian said. "I didn't play too well in that game because I got kicked in the head. I have only gotten two cards, so I'm not too worried about the physical stuff, but I am being careful not to lose my temper. I don't usually get cards too often." Jared's older brother, Justin, is a redshirt senior with one year of eligibility left after this season at Southern Illinois University at Edwardsville. The younger McMillian hopes to join the Cougars' attack next autumn. "I have been trying to make a good impression," McMillian said. "I am going to have my brother come down and have his coach come down with him and watch me play a couple of times. I'm hoping to come up there for at least my first two years so I can play with him." Baker thinks McMillian will prove valuable to any squad. "He places a lot of value in this program and his being a part of it," Baker said. "He trusts the coaching staff implicitly. He does a lot of things that I wish a lot of the other players would emulate. It helps a little bit because his brother played here. I am trying to get him stronger and even more fit because he can go forward and score. I would like to see him get strong enough that he can go to midfield when we need him there. Phil (Reader) has been doing that a little bit now, and we would like to see Jared do that." "But he is a good player. He is a sound, standout player."

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Kristoff will replace Kirgan at Collinsville High School

By Brian Bretsch
Staff writer

After serving as head coach at Collinsville High for one season, Allen Kirgan is going back to Granite City ... but he has a good reason.

reason.

Kirgan was named the new coach at Granite City High. He replaces former Warriors coach Mike Garland, who stepped down after 12 seasons to concentrate on gaining his

administrative certification.

Mark Kristoff, formerly an assistant coach for Collinsville, takes over as the Kahoks new head coach.

Assistant coach John Graham will remain as an assistant.

Collinsville athletic director Bob Bone said the school is looking to hire one more assistant wrestling coach.

Kristoff has a lengthy wrestling resume. He was a head coach, Cahokia High School. He wrestled successfully in high school — winning a state championship while a student at Bethalto Civic Memorial — and was a national collegiate champion while wrestling for Southern Illinois University-Edwardsville.

"We are really happy Mark was already available," Bone said. "Allen brought him in as an assistant last year. He knows the program real well. We felt comfortable with Mark and Allen was high on him getting the job."

Bone had nothing but praise for Kirgan and his work with Kahoks program during his one-year stint. Kirgan, who replaced George Portz, coached Ken Lutz to a sixth-place finish in the 215-pound weight division at the IHSA state wrestling meet this past winter. Lutz,

who signed a professional baseball contract this past spring, medaled in 1998 as well and is Collinsville's only two-time state medalist.

Prior to serving as the Kahoks coach last season, Kirgan was an assistant coach to Garland at Granite City High School from 1996 to '98. Before that, Kirgan was the wrestling coach at Coolidge Middle School in Granite City for eight years.

"Allen is going back to Granite City and gets to coach his son (George) for his senior year," Bone said. "(George) has a chance to win a state championship this year. Plus, he has got a chance to go back and coach one of the best programs in the state. He did a really good job for us and hopefully Mark will continue."

George Kirgan finished third in the state this past winter in the 160-pound division. The Warriors team advanced to the state semifinal round and picked up a trophy for its best state showing since 1996.

The Granite City program has won more matches than any wrestling program in the nation, having surpassed the 1,000-victory mark during the 1997-98 campaign.

"It's a fairy tale, really, that a father gets to coach his son in his senior year," Allen Kirgan said.

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Kirgan takes helm at GCHS

Continued from Page 1B

someone who isn't working that hard." The Warriors made it to state last year and look to do the same with returning wrestlers in many weight classes. One thing that shouldn't be threatened is the tradition of excellence forged for so many years. "Tradition is a big thing to me," Kirgan said. "There have been a lot of great coaches before me, from Red Schmitt to Whitaker to Garland, and many more. They always carried the ball and kept it rolling, and I hope I can do the same. "Do we need to fix anything? No, because nothing is broken."

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Maroons top Lancers, on 2-game win streak

By Scott Marion
Staff writer

The Belleville West football team enters Friday's home game against Alton with

PREP FOOTBALL
something it hasn't experienced in a while — a two-game winning streak. On Friday, the Maroons defeated Belleville East 22-13 to improve to 2-2 overall and 2-0 in the Southwestern Conference. The victory was West's first win against the Lancers since 1987, ending an 11-game losing streak against its city rival.

"The kids are starting to believe themselves and the things we're trying to teach them," said first-year West coach Dennis Sney, a longtime defensive coordinator at East. "The outstanding thing about the last two games (including a 21-13 win against Collinsville the previous week) was that we made some mistakes that in the past may have been fatal, but we were able to overcome them and win both ballgames."

"We're definitely getting better every week and the defense is improving steadily. We haven't made a serious mistake on offense for a couple weeks. With two minutes left (in the East game) we had an eight-point and I had

confidence our defense would stop them. I may have not felt that way in the past."

Offensively, West has been sparked by sophomore running back Guillermo Davis, who opened Friday's game by scoring on a 95-yard kickoff return. Davis, who added a 63-yard touchdown run in the fourth quarter, has five touchdowns of more than 60 yards this season.

"He's been better than I thought he would be," said Sney, who inherited a team that finished 0-9 last season. "The best thing about him is that he learns something every time he carries the ball. He runs with his eyes and see what's going on. He rarely makes the same mistake twice."

Brown (6-foot-4, 299 pounds) and Joel Joshi (6-4, 255) have been equally impressive. "They get better every game," Sney said. "They're fairly mobile and they're pretty athletic kids."

(Senior quarterback) Chris Davis has done a nice job of learning the offensive system and he's learning to play within himself. In the Collinsville game, he was 5 for 7 for 125 yards with two touchdowns passes to Jerrad Dachtstein."

Alton is 1-3 overall and 0-2 in the SWC heading into Friday's 7:30 p.m. game at Township Stadium.

Evans leads Edwardsville in SWC tilt

Senior runs for 157 yards, three touchdowns vs. Alton

By Greg Shashack
Staff writer

As a kid growing up in Alton, Travis Evans called many of these Redbirds his friends.

PREP FOOTBALL
But after chewing up Alton's defense for 157 yards and three touchdowns to lead Edwardsville to a 48-14 Southwestern Conference victory at Public School Stadium, Evans was quick to credit his big buddies in orange and white.

"I grew up with a lot of those guys, especially Pat Mays," said Evans, who lived in Alton until moving to Edwardsville in the seventh grade. "He was always a good player, and he still is. But tonight, I owe it to my line, they did a good job. They take a lot of chewing out during the week, and they did it for me. I've got to give it to the men up front. They put it all on the line."

Edwardsville, which shredded the Redbirds for 395 yards rushing, improves to 4-0 and 2-0 in the SWC. Alton is 1-3 and 0-2 in the league.

"It's pretty simple," Alton coach Joe Hook said. "We just got beat by a better football team. They're big and strong, great technicians, and they execute. They wore us down and in the second half, they put it to us pretty good." Alton stopped

Edwardsville on its first drive only to watch the Tigers score on each of their next seven possessions. Evans, a 5-foot-10, 180-pound senior, scored three touchdowns, quarterback Matt Allaria had a 42-yard TD run and a 19-yard TD pass to wide receiver Blake Westra, and Joe Bevis and J.R. Ziegler added TD runs for the Tigers.

Edwardsville overpowered the Redbirds up front, particularly on the right side where guard Nick Tarpoff (6-4, 243) and tackle Nathan Gray (6-4, 252) repeatedly created vast expanses of room to run.

"They're really quick with their feet, and that's good for men their size," Evans said. "Most of our plays went that way with the defensive looks they gave us."

Alton threatened with a second-quarter, nine-play, 72-yard TD drive that included quarterback Zach Wooley hitting wide receiver Patrick Mays for 29 yards and tight end Pat Morse for 31 yards before Wooley plunged in from the 1 to cut the Tigers' lead to 14-7.

The celebration was short-lived. Evans broke free on the ensuing kick for a 59-yard return. And the Tigers overcame a holding penalty to drive 37 yards in the final 2 minutes. 31 seconds, capped by Allaria's 19-yard scoring strike to Westra on a third-and-16 play with four seconds left in the half.

"That was a backbreaker for them," Edwardsville coach Tim Dougherty said. "And gave our kids credit. They kept their composure. That was the key drive there. Alton's a physical ballclub, and our kids did a nice job."

The 21-7 halftime deficit took the life out of the Redbirds. "That broke our back," Hook said. "We just didn't recover after that." Edwardsville's offensive front, with center Ryan Walsh (6-1, 245), guard Nathan Becker (6-2, 222) and tackle Anthony Clark (6-3, 302) and tight ends Aaron Skeesick (6-2, 194) and Kevin Maliszewski (6-0, 198) joining Tarpoff and Gray, controlled the third quarter.

"We challenged the offensive line coming in, and they met the challenge," Dougherty said. "And give credit to our backs, they ran hard. We did a good job up front."

Bevis finished with 91 yards on nine carries, while Allaria finished with 86 yards on seven carries. Bevis and Evans left the game after three quarters.

"Edwardsville's got a big line. A big line," said Mays, who finished with four catches for 94 yards, including a majestic 48-yard TD catch from backup QB Jeremiah Jones in 43 seconds left in the game. "They're kind of hard to control."

Alton was limited to 74 yards on the ground, with Rick Morgan leading the Redbirds with 38 yards on seven rushes. Wooley completed 7 of 16 passes for 96 yards and one interception.

"Defensively, we were tested," Dougherty said. "Alton's a good ballclub and I thought our defense did a great job tonight."

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Gall ends career with victory, championship

By Brian Bretsch
Staff writer

Jockey David Gall's last mount of his 41-year career ended similar to the more than 7,300 others before it in the past four decades — a victory.

Only Hollywood could have written an ending so appropriately. Gall entered the final day of the 1999 meet trailing fellow jockey James Bielby by one victory for the Fairmount Park jockey championship.

Both Bielby and Gall rode two winners early in evening to keep the crowd of 3,839 following every race. With Bielby still leading by one victory with the 11th and final race remaining, Gall maneuvered Sturley to the front and won the race by one length to tie Bielby for the jockey championship.

With his three victories Saturday night, Gall wrapped up his career with 7,396 career wins. Only three thoroughbred jockeys have ever won more races — Willie Shoemaker (8,833),

Laffit Pincay Jr. (8,788) and Pat Day (7,550). Pincay and Day are still active riders.

Gall came out of the gate in fine fashion riding Delicate Star to victory in the opening race, which was one mile and 70 yards. Bielby, who was aboard Kinsale, was second.

The 57-year-old Gall came close to making it two in a row in the next race but finished second aboard Drummer's Pride. Anczara with jockey Julie Hennen finished first.

Gall moved ahead of Bielby with his 132nd victory of the season in the third race. Gall rode Wicked Appeal to the winner's circle in the six furlong race.

He would race again in faces four and five, but did not finish in the money — the top three. Bielby drew even at 132-132 with a victory aboard Crown of Roses in the fifth race.

Bielby moved one victory ahead of Gall 133-132 by capturing first aboard Buckslasher in six-furlong night race.

Gall finished third in the 10th race, setting up his storybook-ending ride in the 11th.

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Briefs

The first St. Jude/Cools Light Golf Tourney will be held Sunday, Oct. 17 at Locust Hills Golf Course in Lebanon. All proceeds will benefit St. Jude's Children's Research Hospital.

A shotgun start at noon will kick off the four-man scramble event. An entry fee of \$45 includes green fees, cart, refreshments, steak dinner and door prizes. Cash and prizes will be awarded for all flights, and contests will be held for the four players closest to the hole and the three players with the longest drive.

All entry forms and payments should be turned into or mailed to Locust Hills Pro Shop at 1015 Belleville St., Lebanon, Ill., 62254 by Monday, Oct. 11. Also, hole sponsorships are still available for \$25.

For more information, call 537-4380.

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GRANITE CITY COMMUNITY BAND rehearsals are scheduled from 7:30 to 9 p.m., Thursday at St. John United Church of Christ, 2901 Nameoki Road, Granite City.

For more information call 931-0443.

JOLLY QUILTERS meet from 9 a.m. to 2 p.m., Thursday at the Social Center, 906 Thorngate Drive in Mitchell.

MADISON COMMUNITY ACTION GROUP meets at 7 p.m., Wednesday. For more information, call Dan at 452-2336 or Diane at 876-1360.

TOPS 2363 6:30 p.m., every Thursday at Anchorage Recreation Center, 2909 Edwards St. For more information, call Bobbie at 452-0273.

Monthly

CHOUTEAU TOWNSHIP SENIOR CITIZENS meets Thursday at the Social Center, 906 Thorngate

Drive, Mitchell. Potluck at 8 p.m.

CHURCH WOMEN UNITED meets at 10 a.m., Thursday at Nameoki Methodist Church, 1900 Nameoki Road, Granite City.

THE METRO EAST HOME CHILD CARE ASSOCIATION meets from 7 to 9 p.m., Thursday at Our Lord's Lutheran Church in Maryville, Illinois 159 at Interstate 55/70. Parents, licensed and unlicensed

child care providers are welcome. For more information, call Marilyn Clasen at 656-0144, Phyllis Bishop at 667-2427 or Carol Henschen at 488-7956.

PARENTS WITHOUT PARTNERS, Madison County Chapter 188, meets the fourth Thursday of each month at Nameoki United Methodist Church, 1900 Pontoon Road in Granite City. For more information, call Everett

Sprouts at 931-0157.

Miscellaneous

THE SINGLES CONNECTION has scheduled the following activities:

Today - Play mini-golf at Family Fun Tyne in Collinsville. Meet at 7 p.m. and eat afterwards golfing. For more information, call Ben at 254-1856.

Support groups

Weekly

AL-ANON meets at 9:30 a.m. Mondays at 2116 Edison, Granite City. Call 463-2429 for more information.

AL-ANON meets at 8 p.m. Tuesdays at St. John United Church of Christ, 2901 Nameoki Road, Granite City. Call 463-2419 for more information.

ALCOHOLICS ANONYMOUS meets Tuesday at Mitchell Presbyterian Church, Mitchell. Call toll-free (800) 307-6600 for more information.

ALCOHOLICS ANONYMOUS meets at 8 p.m. Sundays at 2116 Edison, Granite City. Call toll-free (800) 307-6600 for more information.

ALCOHOLICS ANONYMOUS meets at 8 p.m. Sundays at St. Elizabeth Medical Center, 2100 Madison Ave., Pascal Hall, main floor, Granite City. For more info-

mation, call toll-free (800) 307-6600.

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SPOUSE SUPPORT GROUP meets Tuesday at Nameoki United Methodist Church, call 877-1936

PROSTATE CANCER SUPPORT GROUP meets from 3 to 4:30 p.m. Sunday at Central Christian Church (Disciples of Christ), 2020 Johnson Road, Granite City. There is no charge. For more information, call Roger Zollars any evening at 656-5438.

Miscellaneous

ALTERNATIVES COUNSELING offers a supportive and educational group to the woman whose husband or romantic partner has sexually abused her child. For more information, contact Donya L. Adkerson at 656-5104.

NARCOTICS ANONYMOUS meets

in the area at the following times and locations:

Tuesday ... Path to Recovery starts

at 8 p.m. at SEMC in Kettler Center Room C. **Sunday** ... Recovery Sunday starts at 8 p.m. in Pascal Hall at SEMC.

BIRTHDAY BASH
Contractors - Plumbers - Remodelers
Do It Yourselfers
OPEN TO THE PUBLIC

September 23, 24 & 25

THURSDAY 9-8 • FRIDAY 9-5 • SATURDAY 9-3

UP TO 75% OFF

Shower Doors • Whirlpool Tubs • Remodel Tubs & Shower Units • Kitchen & Bath Cabinets • Kohler Tubs • Kohler Sinks • Delta & Kohler Faucets, Faucets and More Faucets!!

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D.A.R.E CAR SHOW

Edwardsville, Illinois
Sunday, September 26, 1999
(Rain Date October 3)

Registration 8:00 a.m. - 12 Noon...Awards 3:30
32 Classes - Entry Fee \$10-Display Only \$5
Jr. Dragsters N/C...Choice of "Drive-thru or "In-Place"
Judging. Bring lawn chairs and watch a 10-man judging team as the MC spotlights special features of each car.
Enjoy Vintage Music
Breakfast & Lunch Served at the "Filling Station"
Location: The Bank of Edwardsville
330 West Vandalia - Hwy 157
All Proceeds Benefit Edwardsville Police
D.A.R.E. Program

THE FAMILY ARENA **GRAND OPENING**
It's all fun & games!

Home of the St. Louis Swarm, Missouri River Otters & St. Louis Steamers

John Mellencamp

Special Guest Susan Tedeschi
Oct. 3 7:30 PM

PLUS - CHANNEL 9's ANTIQUE APPRAISAL SHOW Sat. Oct. 2 Noon-8 pm



Conveniently located just a mile and a half south of Interstate 70 and the 5th Street exit in St. Charles, only 10 minutes from the intersection of I-270 and I-70.

Tickets are on sale now at the Family Arena box office and all Metroplex locations. To Charge by Phone call Metroplex at 534-1111.

Plant Protection by the experts at

FRANK'S NURSERY & CRAFTS

Where Beautiful Things Begin

Houseplants that have been outside all summer have definitely become accustomed to their outdoor environment. It's time to start getting them ready to spend the winter indoors. This is also true for any outdoor plants you plan on bringing in.

There's a bit more to it than simply carrying them inside like you would the patio furniture. Plants need time to adjust. And there are a few other procedures you should follow.

Before bringing the plants inside, set them on a bench or table and carefully examine for insect or disease problems. Take care of any necessary pruning, such as yellowed leaves, old blooms, or areas that need to be reshaped for the plant's indoor location.

Your next step is to clean the outside of the pot and the plant. Be sure to solve any insect or disease problems before exposing your other indoor plants to the plant being moved.

The plant will need to be acclimated to its new environment. Choose a very bright location at first and watch for any yellowing leaves. Over the next few weeks, slowly transition the plant to areas with less intense light until it is in its final home. Don't forget to water the plant as needed during its adjustment period to avoid any added stress.

As for outdoor plants, some are more suited for bringing indoors than others. Some perennials and annuals will thrive very well in an indoor environment, while others will send out a few new flowers before dying off. Wax and tuberous begonias, geraniums, impatiens, caladiums and amaryllis are ideal for bringing indoors.

To bring an outside plant in, simply dig the plant out of the ground and pot it. For the easiest results in digging up the plant, water it a day or two before you plan your project. Place the newly potted plant in a shady spot on a table or

bench for several days so that it can get used to its new home and you can examine it. Follow the same procedures for examining the plant and bringing it indoors as you would for a potted plant.

Light and water are the two biggest factors in the success of indoor plants. Many homes contain one or more nearly-perfect window locations for houseplants. Others don't. If your home lacks a good light-providing window, a plant light will be essential. With a light kit you can regulate the amount of light your plants receive, even if the natural lighting in your home is dark.

To determine if your plant needs water, use your finger, not the calendar. Plants don't necessarily need water every day. Poke your finger into the soil. If it feels moist, the plant's thirsty. Don't wait to get dirty? Use a dry wooden ice cream stick instead. Moist soil will darken the wood and cling to it. If the plant doesn't need water, leave it alone. Too much water can be as bad as too little.

Plants have other ways to tell you when they need a drink. Dry potting mix weighs less than moist. Dry soil shrinks away from the sides of the pot. Plants can wilt and/or the foliage can become dull or very shiny. Flowers and flower buds drop.

Following these simple tips will give your plants the best possible chance of surviving the transition from outdoors to in.

Shop any of these ten convenient Frank's locations

ST. CHARLES
4830 Hwy. 94 N. Outer Rd. (314) 926-8355

ST. CHARLES
3725 Hwy. 8, Truman (314) 947-7148

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12233 St. Charles Rock Rd. (314) 298-7667

OVERLAND
8901 Page (314) 429-5155

NORTH COUNTY
11016 Old Halls Ferry (314) 355-8534

BALLWIN
15031 Manchester Rd. (314) 256-6777

KIRKWOOD
1135 S. Kirkwood (314) 821-8866

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**Watch Sunday's Journal
for more tips from the
experts at Frank's!**

Horoscopes

931-0157.

Isle Connection

Isle Connection has the following activities:

Play mini-golf at Family in Collinsville. Meet at 7 that - afterwards golfing. For information, call Ben at

ction at

K'S
RAFTS

Begin

For several days so can get used to its and you can. Follow the same for examining and bringing it as you would for a

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94 N. Outer Rd. (314) 926-8355

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S. Turman (314) 947-7148

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Charles Rock Rd. (314) 238-7657

ND

(314) 429-5155

COUNTY

Hals Ferry (314) 355-6534

N

chester Rd. (314) 255-8777

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Rwood (314) 821-8896

SBURY

k Plaza Dr. (314) 962-8878

IS

anne (314) 351-4010

W HEIGHTS, IL

terce Lane (618) 397-1251

erica's #1

en Store

y Years!

Journal

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ank's!

WEDNESDAY, SEPT. 22

TODAY'S BIRTHDAY. Some unique developments could prove to be exciting, as well as remarkably beneficial for you in the year ahead involving your work or career in some manner.

LEO (July 23-Aug. 22) Your judgment is especially keen today and your ability to evaluate alternatives is good, so don't get rattled should you be placed in a position where you have to make some snap decisions.

VIRGO (Aug. 23-Sept. 22)

While your peers are still trying to define a dilemma, you should be able to analyze things quickly and immediately come up with the right answers, especially in commercial involvements.

LIBRA (Sept. 23-Oct. 23) Unusual circumstances today could bring you closer together with a friend with whom you already have strong bonds. This friendship is destined to be one of your better alliances.

SCORPIO (Oct. 24-Nov. 22)

Don't be afraid to experiment with some ideas you have that could produce better methods or procedures in your working environment. You can quickly increase productivity.

SAGITTARIUS (Nov. 23-Dec. 21) When it comes to games of chance today, it may be okay to rely on a strong hunch. However, make sure it is pure intuition and not wishful thinking.

CAPRICORN (Dec. 22-Jan. 19) Some sort of profit is in the making for you today, in as

much as you might be able to pick up on something of value that has been overlooked by others. Cash in on it.

AQUARIUS (Jan. 20-Feb. 19) You'll know when to stop talking and start listening today. Because of this, you'll be able to speedily analyze information passed onto you by others and turn it to your advantage.

PISCES (Feb. 20-March 20) Lady Luck herself may alert you to the best positioning and timing necessary in order to

take advantage of a good opportunity today. Be alert for anything of an unusual nature.

ARIES (March 21-April 19) When necessity requires it, you can be extremely imaginative and resourceful today. It will be your motivation and ingenuity that will give you the edge.

TAURUS (April 20-May 20) Turn to progressive contacts today if you need direction in how to pull something off. Even though they may use tra-

ditional procedures, they'll show you how to do so with a twist.

GEMINI (May 21-June 20) Chance could play a role today in involving you with foreigners or people born distant from your birth place. This will prove to be rather fortunate for you.

CANCER (June 21-July 22) If you're looking for a way to make a second source of income, this may be the day when things could open up for you in more than one channel.

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- Corporate Seminars
- Meetings
- Wedding Receptions
- Birthday Parties
- Anniversaries
- Showers
- Company Functions

Lounge always open to the public. For information call 877-4250

Movie Schedules

Film timetable for Wednesday, Sept. 22. For times on other days or to confirm these times, check local theaters.

CARMIKE PETITE
1-70 and Hwy. 157, Collinsville, Ill. 344-1708
Blue Streak (PG-13) 7:10, 9:30
Stigmata (R) 7:20, 9:40
The Sixth Sense (PG-13) 7:15, 9:45
Runaway Bride (PG) 7:00, 9:20

EASTGATE CINE
Eastgate Plaza, E. Alton, Ill., 254-5299
For Love Of The Game (PG-13) 4:10, 7:00
Stigmata (R) 4:30, 7:10
Love Stinks (R) 4:20
Bowfinger (PG-13) 6:50
Blue Streak (PG-13) 4:50, 7:20
The Sixth Sense (PG-13) 5:10, 7:40
The Thomas Crown Affair (R) 5:00, 7:30

COTTONWOOD
EDWARDSVILLE CINEMA
Edwardsville, Ill., 656-6390
Mickey Blue Eyes (PG-13) 6:45
Inspector Gadget (PG) 7:15
The Blair Witch Project (R) 7:00

LINCOLN THEATER
103 E. Main, Belleville, Ill., 233-0123

PRIZES

WIN ONE OF FOUR TRIPS TO KANSAS CITY'S RENAISSANCE FESTIVAL and more!

Coming Wednesday, September 29!

Star Wars 2 (PG) 7:10, 9:45
Tarzan (G) 7:00
Big Daddy (PG-13) 8:55
The General's Daughter (R) 7:05, 9:30

NAMEOKI CINEMA

30 Nameoki Village, 877-6630

The Sixth Sense (PG-13) 7:00

Dudley Do-Right (PG) 7:15

O'FALLON 15 CINE

1320 Central Park Dr., O'Fallon, Ill., 822-4900

Iron Giant (PG) 1:00, 3:00, 4:40

An Ideal Husband (PG-13) 7:30, 9:20

Runaway Bride (PG) 12:00, 2:30, 5:00, 7:30, 10:00

Bowfinger (PG-13) 1:35, 4:30, 7:10, 9:20

Outside Providence (R) 2:15, 5:40, 7:50, 9:50

For Love Of The Game (PG-13) 12:00, 2:45, 5:35, 8:35

For Love Of The Game (PG-13) 1:05, 4:00, 7:55

Dudley Do-Right (PG) 1:40, 3:40, 5:40, 7:40, 10:00

Teaching Mrs. Tingle (PG-13) 12:45, 2:50, 5:00, 8:00, 9:55

Sixth Sense (PG-13) 12:00, 2:30, 5:30, 8:10

Sixth Sense (PG-13) 1:30, 4:15, 7:00, 9:40

Blair Witch Project (R) 12:20, 2:10, 4:30, 8:00, 9:45

The Muse (PG-13) 12:15, 2:30, 4:50, 7:15, 9:15

American Pie (R) 12:30, 3:00, 5:05, 7:10, 9:15

The Haunting (PG-13) 1:00, 3:15, 5:30, 8:00

Stir Of Echoes (R) 1:30, 4:15, 7:05, 9:20

4:15, 7:05, 9:20

ST. CLAIR 10

50 Ludvig Drive, 398-8383

Inspector Gadget (PG) 1:40, 4:40

Love Stinks (R) 7:10, 9:20

Mickey Blue Eyes (PG-13) 1:00, 4:00, 6:30, 9:00

Chill Factor (R) 2:30, 5:30, 8:15

Stigmata (R) 1:05, 4:05, 6:35, 9:05

Stigmata (R) 2:00, 5:00, 8:00

The Thomas Crown Affair (R) 1:25, 4:25, 6:55, 9:25

In Too Deep (R) 1:15, 4:15, 6:45, 9:15

Blue Streak (PG-13) 1:30, 4:30, 7:00, 9:30

Blue Streak (PG-13) 2:15, 5:15, 8:15

SHOWPLACE 12

EDWARDSVILLE

6633 Center Grove Rd., 659-7469

Stigmata (R) 4:30, 7:10, 9:40

Stigmata (R) 5:40, 8:00, 10:20

For Love Of The Game (PG-13) 3:30, 6:30, 9:50

For Love Of The Game (PG-13) 4:00, 7:00, 10:00

Dudley Do-Right (PG) 4:50, 6:45

Love Stinks (R) 9:00

The 13th Warrior (R) 5:30, 8:10, 10:30

Runaway Bride (PG) 5:00, 7:30, 10:10

The Sixth Sense (PG-13) 4:40, 7:20, 9:50

Bowfinger (PG-13) 5:20, 7:40, 10:15

Stir Of Echoes (R) 4:10, 6:40, 9:20

Blue Streak (PG-13) 4:20, 6:50, 9:10

Blue Streak (PG-13) 5:10, 7:50, 10:25

BESSERMAN'S TAVERN

1200 Iowa, Madison, IL

50th Anniversary Party

Saturday, September 25th

2:00 p.m. - Close

FREE FREE FREE FISH FRY!!!

50 cent specials

Bottle Beer, Mugs of Beer, Glasses of Beer

PITCHERS OF BEER - \$2.00

Attendance Prizes Every Half Hour

KEEPSAKE COUNTRY SHOWS

6th Annual Pumpkinfest Art & Craft Show

Oct. 1, 2 & 3 1999

St. Charles Center

1-70 & Fifth St. • Fri. 9:30 am - 9:00 pm • Sat. 9:30 am - 5:30 pm • Sun. 11 am - 5 pm

Join **KLOU OLDSIES 103.3**
Rockin' Ricky Sanborn
Sat. 11 am - 1 pm

From Our Hands



To Your Heart

Featuring Live **KLOU 106.5**
Dave Lewis
Sat. 1:30 pm - 3:30 pm

St. Charles Humane Society Bake Sale

Register to Win: **\$500**

- Mall Shopping Spree/Courtesy of Everdry Waterproofing
- Dinner certificates for Hendel's Market Cafe in Historic Florissant
- Free 6 packs of 7 UP (While Supplies Last)

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FRIDAY
SEPTEMBER 24
"BASKET CASE"
9:30-1:30

SATURDAY
SEPTEMBER 25
"SUDDEN IMPACT"
9:30-1:30

KARAOKE
EVERY
THURSDAY
8:00-12:00



SUNDAY - TUESDAY
\$1.00 BOTTLES

SUNDAY, SEPTEMBER 26TH
4TH ANNUAL GOLF TOURNAMENT
(CALL FOR DETAILS)

WEDNESDAY
SEPTEMBER 29
Dance With
"Moore Pleasure"
6:00 - 9:30

THE GREAT PUMPKIN IS COMING!

Search for the clues in the Sunday Journal starting October 3.

YOU could win

\$250

JUST TRY AND FIND ME!

Outstanding area students honored

Youth Leadership Salute honors 204

The Greater Belleville Area Youth Leadership Salute is honoring outstanding area high school students from the 2000 graduating class.

More than 204 students from 21 area high schools are involved in this unique leadership adventure for high-achieving youth leaders.

This program is a positive way to recognize the accomplishments of youth leaders, to applaud youth leadership to youth leadership development by community leaders.

At the local level, these students are recognized for their accomplishments through the Winners Seminar, a portrait panel tour, positive publicity and a reception held at Belleville Area College.

The two-day Winners Seminar provides training in goal setting, self motivation, time-management techniques and the development of leadership skills.

The portrait panels, which contain portraits and a biographical sketch of the students, are displayed at St. Clair Square Mall and various Union Planters banks in this area.

The Greater Belleville Area Youth Leadership program is co-sponsored by Belleville Area College, Union Planters Bank, the Suburban Journals and Cedarleaf Photography.

This program is recognized by the National Association of Secondary School Principals National Advisory List of Contests and Activities.

Triad



Brent Michael Bloemer



Andrea Dempsey



Jamie Renee Fickert



Ashley Flint



Amanda Frey



Laura Jarvis



Elizabeth Lorentzen

Triad



Steve Patterson



Jason Pettus



Sairee Scharringhausen



Nick Smock



Molly Stephens



Laura Craft



Adam Dye

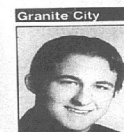
Collinsville



Sarah Vollmar



Laura Walters



Andrew Eliff



David Eliff



Megan Francis



Theresa Hatley



Jeanna Janek

Collinsville

Granite City



Jason Brown



Brooks Colvin



Heather Cooper



Christina Daniels



Michelle Dietz



Kimberly Dodson



Danielle Douglas

O'Fallon



Nicholas Kimutis



Nathan Loyet Kuhl



Jarad Mahan



Amanda Piper



Dominic Seipp



Ryan Teel



Gregory Trifilio

O'Fallon



Suzanne Beckert



Kimberly Christeson



Evan Bolesta



Sara Braxmeier



Ramona Caponegro



Matthew Derfler



Mark Ebel

Lebanon



Fred Mike Halvachs



Susan Koch



Alisa Lewis



Lisa Padgett



Jennifer Riley



Emily Scannell



Sara Shaffer

Althoff



Kristen Adkins



Allyson Berg



Channa Bush



Lauren Carey



Maureen Susan Cassin



Kristen Dirnbeck



Erika Donaldson

Belleville West



Carlynn Ferguson



Sarah Fitzgerald



Alison Garces



Mark Gessford



Sarah Hegeman



Brett Blackburn Heger

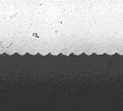


Will Irwin

Belleville West



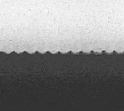
Danielle Jackson



Paige Johnston



Courtney Erikson



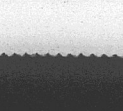
Brandy Mueller



Jennifer Brave



Erik Kambarian



Amy Krieshek

O'Fallon



Jason Kennedy



Erik Kambarian



Amy Krieshek



Jennifer Brave



Erik Kambarian



Amy Krieshek



Jennifer Brave

O'Fallon

Caregivers' workshop set for Friday

If you are providing emotional, physical or financial support to an older adult, or think you may need to in the future, Belleville Area College's Programs and Services for Older Persons has

a workshop that could help with the challenges you face. PSOP will offer two brown bag caregivers workshops in September. Each session will cover the same topics. The workshops will be held from

noon to 1 p.m. on the following dates:
Friday, Sept. 24 at BAC's Granite City campus, room 207, 4950 Maryville Road
Tuesday, Sept. 28 at BAC's Belleville campus, Seibert Conference Room, 2500 Carlyle Ave.

The workshops will address services available to assist caregivers, family issues related to caring for an older adult and stress management. The brown bag workshop is free. Lunch will not be provided.

To register or for more information, contact Pat Etling at 234-4410, extension 7034.



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www.gcsteelcu.org

Travel club to explore Mississippi River

Experience the changing foliage in northern Illinois and the heritage of Swedish immigrants this fall through an "Adventure on the Mississippi," a four-day excursion organized by Belleville Area College's Travel Club on Oct. 9 to 12.

Travelers will board a motorcoach headed to Bettendorf, Iowa, on Oct. 9. Before arriving in Bettendorf, the motorcoach will stop in the Swedish Colony, Bishop Hill, for a guided tour and lunch at the Red Oak Restaurant.

Bishop Hill was founded in 1846 by Swedish immigrants seeking religious freedom. Individuals will have time to visit the many specialty shops and observe craftsmen, including a broom squire.

From Bishop Hill, it is on to Bettendorf for an evening of theater at Circa '21 and the Olde World European charm

of Jumer's Castle Lodge. Circa '21 will present Rodgers and Hammerstein's "Some Enchanted Evening."

Breakfast on Oct. 10 will be served aboard the Twilight, a Victorian-style riverboat transporting travelers to Galena. Individuals will be able to enjoy the fall colors and wildlife on the Mississippi River during this daylong excursion featuring lunch and dinner aboard the riverboat. The Twilight will pass through two locks and dams before reaching Galena. Travelers will spend the night at Chestnut Mountain Lodge Resort.

The third morning of the trip features a tour of Galena and its antique and gift shops. At noon, individuals will return to the Twilight for the cruise back to LeClaire, Iowa, and another night's stay at Jumer's Castle Lodge.

The final day of the trip includes a stop in Galesburg, a town rich in Swedish culture and history, for a scavenger hunt and lunch.

The cost of the four-day trip ranges from \$590 to \$710, depending upon room occupancy. The rate per person is \$710 for single occupancy, \$610 for double occupancy, \$600 for triple occupancy and \$590 for those staying four to a room. Full payment is due at the time of booking.

The price of the trip includes round trip motorcoach transportation, a trip escort, local guides, three nights hotel accommodations, the two-day cruise, all gratuities and taxes, admission to all included attractions and nine meals.

For more information, contact Nancy Bauer, tour coordinator, at 234-4410, extension 7017.

Hay ride is scheduled

Belleville Area College's Programs and Services for Older Persons invites seniors for a hayride through Forest Park.

Motorcoach transportation will leave Belleville Oct. 22, at 4 p.m., en route for Talayna's At The Park. Individuals will have an opportunity to enjoy the restaurant, at their own cost, before climbing aboard the hay wagon for a trip around Forest Park. Sandwich and meal options range from \$5.95 to \$14.45.

The cost of the event is \$15 per person and is nonrefundable. Price includes bus transportation, refreshments and the hayride. Dinner is an additional cost.

For more information, contact Phyllis Schaltenbrand at 234-4410, extension 7030.



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1998 Ford Mustang
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1996 Olds Cutlass Supreme
Super Clean, Sparty, SL Package
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96 Cadillac DeVille
White, Low Miles, Perfect
Leather 344-3500



97 Lincoln Town Car
2 In Stock, Excellent
Condition 344-3500



95 Lincoln Town Car's
2 In Stock, Fully Loaded
Starting at only \$18,995



97 Ford F150 X CAB XLT
Chrome Wheel, 3rd Door V-8
344-3500



1997 Saturn SL1
Auto, 1 owner, Nice 4 Door
344-3500



96 Ford Ranger X CAB
Xtra Clean, XLT Package
Priced to Move 344-3500



97 Ford Expedition
3rd Seat, Green, Most Options
344-3500



1997 Buick LeSabre
Great Luxury Car, Very Clean,
All The Options 344-3500



1998 Nissan Altima
Xtra Clean, All the Options,
Low, Low Miles 344-3500



97 Ford Explorer
Leather, V8, And
Low Miles, Moonroof 344-3500



95 Pontiac Transport SE
Leather Loaded, Local Trade
This One Is Clean 344-3500



97 Mercury Villager
Rear Air, Power Seat
2 In Stock 344-3500



97 Ford E-350 Passenger Van
12 Pass., Power Seat, Rear Seat
V-8, Super Clean 344-3500



95 Pontiac Transport SE
Leather Loaded, Local Trade
This One Is Clean 344-3500

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PREMIER

LINCOLN
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344-3500

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Training vital to fitness instructors

By Karen Quagliata
Correspondent

How would you like to get paid for making people sweat? If that sounds like the ideal job, then consider becoming a fitness instructor.

A fitness instructor, for sure, does a little more than that.

"Good fitness instructors get to know their clients' needs. Then we set up a program catered to their needs and time schedules," said Marty Gremminger, a fitness instructor-personal trainer with Club Fitness in Florissant.

Gremminger has been in the fitness field for nearly 10 years. He is certified through the Aerobics and Fitness Association of America (AFAA).

"I received the base of my education through weekend workshops through the AFAA," Gremminger said. He said there isn't a specific college course for fitness instructors. However, they are required to know cardiopulmonary resuscitation (CPR).

Gremminger also said it is good for a person interested in becoming a fitness instructor to take some introductory courses in exercise and to be certified through an authorized agency.

"People would also want to have a pretty good knowledge of good nutrition and kinesiology," Gremminger said. Kinesiology is the study of how parts of the body move.

But Gremminger says the job is worth the effort. "I like the feeling of teaching people. Just knowing I'm helping someone feel better is a definite plus of this job," he said.

Gremminger said in a time of job insecurity in some professions, fitness instructors appear to have a good career outlook.

"It's always going to be there," he said.

One particular growing trend in fitness is corporate fitness, Gremminger said. Many large companies have set up gyms in their office buildings so that their employees can exercise before or

after work, or on their lunch breaks.

Other places fitness instructors can find work include gyms, hospitals, churches and health clubs.

But while fitness instructors have some job security, their salaries vary according to region, ranging from \$25 to \$60 an hour, Gremminger said.

Gremminger gives this advice to future fitness instructors: "Look the part. Practice what you preach. Appearance is very important. Most people come to a fitness instructor because they want to look good," he said. "But besides being in shape, you need backup, which is certification."

He also stresses taking a real interest in the client. "To me, fitness training should not have a fast-food restaurant approach. I spend time with the clients so that they get it right," he said.

For more information on certification, call the Aerobics and Fitness Association of America at 800-446-2322.

Baby boomers facing health risks

The "Baby boomer" generation not only is growing up, but, as newspapers keep reminding everyone, the Boomers are now turning 50. As aging occurs, worries naturally shift to staying healthy and the prospect of old age. Standing in the way of enjoying the remaining years are chronic illnesses, disability and death.

Heart problems head the list. Heart disease remains the number one cause of death and disability in America today.

In 1988, it was estimated \$60 billion was spent for the treatment and care of heart attack victims. Heart attacks mean hospitalization, loss of work, either temporarily or permanently, and the cost of medication and expensive therapies in the years to come.

It has become widely known that there are risk factors for heart disease, some of which can be changed and some not. A family history of heart attack at an early age is a sign of increased risk for the entire family. Although men have a greater chance of heart

attack early in life, starting from about age 35 on, women after menopause quickly catch up and by age 70 have as many heart attacks as men.

Fortunately, there are ways to improve the outlook for both you and your heart.

First, be aware of your personal history. If members of your immediate family have had heart attacks early (younger than 55 years old) it does not mean that you will, too. It does, however, suggest a greater risk for your heart. It is more important to control the modifiable risk factors: high blood pressure, diabetes and high cholesterol, smoking and lack of exercise.

Of all the risk factors, high blood pressure (hypertension) is the most common.

Approximately 60 million Americans are estimated to have hypertension. Of these, many are unaware they have it. More importantly, only about one-fifth of those with known hypertension are controlled, having blood pressures less than 140-90.

Diabetes is becoming more common, and is a demanding disease. Diets must be fol-

lowed, medication taken at regular times, and frequent tests performed to assure good sugar levels. Poorly controlled diabetes is relentless in its destruction of multiple systems, including the blood vessels. By the time symptoms of hardening of the arteries occurs the damage is done.

High cholesterol levels are common and go hand in hand with hypertension and diabetes. A silent killer, they cause damage for years before symptoms of poor circulation occur.

Smoking has been the subject of debate for years. What is not debated is that smokers have more rapid progression of artery narrowing and more heart attacks than non-smokers.

Americans tend to lead sedentary lifestyles. The couch potato seems to be our national vegetable, with far more Americans watching activities than participating.

All of these factors can be modified. The simple remedies are often the best: exercise, watching fat in the diet, and avoid smoking. They are also the hardest.

Chiropractic care helps video game exec

Minoru Arakawa is quiet and unassuming. As the president of Nintendo of America

Inc., the U.S. subsidiary of Japan's leading manufacturer of electronic games, his com-

posure is in contrast to the typical outwardly aggressive executive you would expect to see.

Born in Kyoto, Japan, Arakawa credits his approach to health and wellness to his upbringing. Forty years ago, his uncle - a master in the martial arts - would take care of him when he was ill or injured. His uncle's natural approach included spinal adjustments when Arakawa was hurt playing sports.

Although he admits not having known about "chiropractic" and its use of the spinal adjustment when he moved to the U.S. 15 years ago, Arakawa attributes the recent improvements in his work and leisure activities to both chiropractic and his long-standing belief in the healing powers of the spinal adjustment.

"At work, I feel better and am more productive," he said. "My golf game is even better. Before I played when my elbow or back was hurting. I couldn't swing my clubs very well and I would always top the ball. Now with regular chiropractic care, I play much better and with little or no pain."



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Schools

BAC graduates

The following is a list of Belleville Area College students from our readership area who graduated in the 1999 summer semester as released by Ted Lewis, vice president for Student Development. The list also denotes students who graduated with honors, high honors and a perfect grade point average.

BELLEVILLE

Perfect Grade Point Graduate (4.0):
Renata Fancio
High Honors Graduates (3.5 to 3.99):
Pamela Boyer, Cheryl Camarone-Figueroa, Glen Chamberlin, Diana Grevot, Dawn Klinghammer
Honors Graduates (3.0 to 3.49):
Anitra Casper, Ambrose Douglas, Nelson Gilson, Jody Goodman, Robert Hill, Rachelle Impastato, Kendall Lappe, Louis Lesch, Jason Miller, Jason Muhoney, Yvette Pate, Deborah Ripperda, Jeffrey Sinasky, Marjorie Singleton
Graduates: Barbara Bauer, Sheila Bulger, Cynthia Coleman-Rigsby, Julia Duecker, Kimberly Glenn, Tonya Griffin, Sonya Huttman, Nora McDaniel, Rebecca Schuchardt, Rebecca Shires, Brett Sintel, Scott Smith, Jennifer Wayne, Thomas Williams

CAHOKIA

Graduate: Carlos Schertz

CAREYVILLE

High Honors Graduate (3.5 to 3.99):
Cynthia Bach

CENTREVILLE

Graduate: Beatrice Jethroe

COLLINSVILLE

High Honors Graduates (3.5 to 3.99):
Lisa Cannon, Jennifer Dilow
Honors Graduates (3.0 to 3.49):
Judith Barmann, Christine Brimley, Jill Crapla, Lookhart, Keri Kistmeyer, Annie Lyons, Scott Winterich
Graduates: Betty Cobillas, Michelle Hudleston, Michelle Lanthard, Rebecca Martin, Richard Rehg, William Zender Jr.

COLUMBIA

High Honors Graduate (3.5 to 3.99):
Stephanie Schneider

DUPO

Honors Graduate (3.0 to 3.49):
Gayle Gilmore
Graduate: Guy Kuni

SIUE dean's list

Southern Illinois University Edwardsville has announced the names of students from our readership area qualifying for the Dean's List for summer-term 1999.

To qualify, a student must maintain a grade-point average of 3.5 or better and have 12 hours calculated (B is equivalent to 3.0; A to 4.0).

BELLEVILLE: Laurie Jackson, Theodore Lappe, James Ludwig

COLLINSVILLE: Carmen Baquet, Kimberly Barbour, John Gotschall, Carolyn Orbais, Amy Pulley, Marcia Wilson

BETHALTO: Cathleen Kennedy

CAHOKIA: Theresa McCraw

EAST ST. LOUIS: Melissa Dones

EDWARDSVILLE: Terecia Billups, Wanda Gauk, David Chastain, Jerri Crawford, Jamie Currier, Katherine DeToyo, Joseph Fico, Robin Flengo, Terrence Gaddy Jr., Geneva Glaser, Kathy Goecker, William Jones, Jennifer Ladd, James Lamkin, Shari Lott, Rachel Marshall, Vary McCall, Corey Pico, Edward Piccone, Jennifer Richards, Christine Smith, Nakiha Wase

GLIN CARBON: Laurie Baker, Sandra Gaines, Jennifer Schiffman, Sean Toolen

GRANITE CITY: Lisa Doolen, Karla Gresham, Amanda Solomon, Jeffrey Wallis, Johnnie Whittenburg, Christopher Yeager

MARYVILLE: William Goldsmith, Jennifer Hensing

O'FALLON: Patrick Boyle, Kathy DeLuca, Heather Eckerman, Lauren Keck, Sidney Smith Jr.

SWANSEA: Stephen Fulk, Marsha Lauko, Erin Welch

WATERLOO: Jennifer Von Yeast

E. CARONDELTON

Graduates: Kanya McNair, Kevin Haer

EAST ST. LOUIS

Honors Graduate (3.0 to 3.49): Barry Smith

Graduates: Shelley Lumas, Vivian Thomas

EDWARDSVILLE

Honors Graduate (3.0 to 3.49): Joshua Almon

FAIRVIEW HEIGHTS

High Honors Graduate (3.5 to 3.99): Jennifer Nugent

Honors Graduates (3.0 to 3.49): Nicole Kuhlmann, Jacob Lieberman, Ben Schroeder

FREEBURG

Graduates: Jeremy Reynolds, JoAnne Schaeffer, Steven Vieweber

GRANITE CITY

High Honors Graduates (3.5 to 3.99): Wanda Bone, Hollie Epperson, Charles Freese, Christopher Kluber, Roy Weathers

Honors Graduates (3.0 to 3.49): Diana Guenther-Legate, Michael Lemp, Bruce Tomlinson, Tina Worthen

Graduates: Mark Begando, Kellie Bressa, Jennifer Crasante, April Miner, Lynn Nicolussi, Steven Sander, Stephanie Smith

LEBANON

Honors Graduate (3.0 to 3.49): Michael Straw

MADISON

Honors Graduate (3.0 to 3.49): Lawrence Labster

MARINE

High Honors Graduate (3.5 to 3.99): Linda Perkins

MARYVILLE

Graduate: Derrick Taylor

MASCOUTAH

High Honors Graduate (3.5 to 3.99): Richard Copeland

Honors Graduate (3.0 to 3.49): Brian Muenchau

Graduates: Amy Brondel, Jonathan Stokely

MILLSTADT

Honors Graduates (3.0 to 3.49): Shawn

Church, Mercie Gaurapp

Graduates: Gary Biggs, Michael Blair, Kelli Goodwin, Julie Maul

NEW ATHENS

Honors Graduate (3.0 to 3.49): Rodney Cockrell Jr.

Graduate: Susan Keebler

O'FALLON

Perfect Grade Point Graduate (4.0): Alec Matthews

High Honors Graduates (3.5 to 3.99): Jason Domina, Rebecca Snares, Phyllis Thompson II

Honors Graduates (3.0 to 3.49): Merlinda Kirchengesser, Brian Kreiser, Jennifer Mahochko, Jeffrey Newman, Benjamin Platt, Teresa Severn, Kelly Tompkins, Jennifer Williams

Graduates: Jon Bagby, Oh-Bok Kwon, Dianna Lee, Allen Medford, Catherine Nations, Jaime Stedwick, Nicole Smith

SCOTT AFB

High Honors Graduate (3.5 to 3.99): Gregory Rickman

Honors Graduate (3.0 to 3.49): Kelly Davis

SHILOH

Graduate: Michele Bauer

SWANSEA

Honors Graduate (3.0 to 3.49): Nathan Elberhardt

Graduates: Ezzabie Bennett, Tara Laidley, Jason Williams

TROY

Honors Graduate (3.0 to 3.49): Michael Hollingshead

Graduate: Kimberly Gruhn

VALMEYER

Honors Graduate (3.0 to 3.49): Kathy Mitran

WASHINGTON PARK

Honors Graduate (3.0 to 3.49): Lori Carter

WATERLOO

Honors Graduate (3.0 to 3.49): Jeremy Veath

Graduates: Christina Jenkins, Jonathan Koch, Tammy Link-Meyer, Lynlee Pelker

WOOD RIVER

Honors Graduates (3.0 to 3.49): Amy

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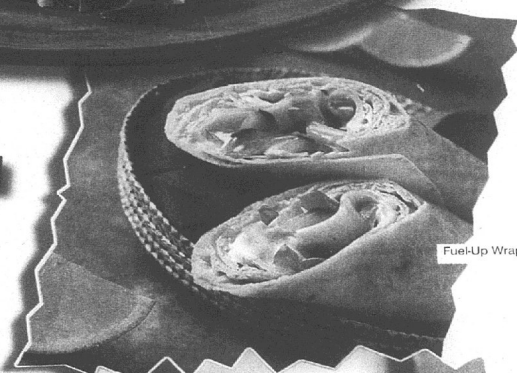
Today's Food

www.yourjournal.com

Hearty Bites
Earl of Sandwich
raised the ante
See Page 2



Cobb Salad Pita



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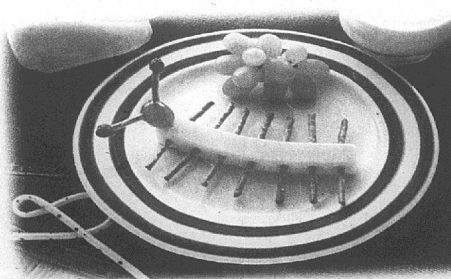
Sandwich builds from level field

By Janice Denham
Staff writer

Sandwiches are not created equal. Some attract with color. Others squish for delight. If it comes bundled under a wrapper and looks like it should be eaten by hand, it is a sandwich. It may be as simple as

two pieces of bread and a slice of cheese. Favored fare ranges from a fast-food burger to a gourmet Dagwood sandwich at home. Bread lovers swoon over that first impression. If the outer wrap

See SANDWICH,
Inside TODAY'S FOOD Page 2



SILLY CENTIPEDES

- 1 mild cheddar cheese stick
- 9 pretzel sticks
- 1 grape
- 1 raisin

Using a round toothpick, poke 7 horizontal holes through sides of cheese stick. Gently insert pretzels through holes for legs.

Insert half a pretzel stick into end of grape to make head and neck. Using toothpick, make hole on top end of cheese stick and insert pretzel neck into hole.

Take one more pretzel stick and make two halves to insert in grape head as antennae. Place half a raisin on each end of antenna.

Makes 1 centipede.

Kids' Cuisine

Food & Nutrition

Wise Ways

Slow cooker is dependable kitchen helper.
INSIDE

Blue Ribbon Cook

Tea time offers mint for cool flavor and slush for inviting texture.
INSIDE

Test Run

Old favorites, like cereal and cookies, come in new packages.
INSIDE

Micro Raves

Love of cooking starts with eating and playing in kitchen at home.
INSIDE

Lively Taste

Broiling counterpoints the flavor of seafood. Start by broiling four (4- to 6-ounce) salmon fillets (thawed if necessary) 4 to 6 inches from heat. Allow 10 minutes cooking time per inch of thickness at their thickest part. Just before being cooked through, sprinkle with red wine vinegar (1 teaspoon total). Arrange peeled and seeded orange slices (3/4 inch thick) on top. Sprinkle with chopped green onion and cracked black pepper. Broil 1 minute longer.

Health & Fitness

Medicine Chest

Functional foods should prove their point.
INSIDE

Fresh Picks

Late-season tomatoes keep fresh flavors afloat. Keep a close eye on them. They should not be refrigerated until they are ripe, but their hardness may have shorter life, so they should be used as soon as possible after ripening. Broil or grill meaty ones. Cut them in half and season with a little salt, pepper and pinch of basil. Mist with nonstick olive oil cooking spray. Grill about 6 minutes. Serve them with toasted Italian bread or whole-wheat toast. Frozen tomatoes can be used within two months in soup, sauce or stew. Just put raw tomatoes whole or cut in pieces in resealable freezer bags. Remove peels before or after freezing. The meat will be soft. Frozen tomatoes are best used within two months.

Big Fat Tip

Jelly and jam are fat-free spreads. Sweeter vinaigrette salad dressing with a teaspoon or two of marmalade or seedless raspberry jam. Make sandwiches by spreading 1 teaspoon peach jam between vanilla wafers or a teaspoon of marmalade between gingersnaps. Dollop strawberry jam on angel food cake, or spread it on one side of a thin slice to roll like jellyroll. Top fat-free vanilla ice cream or frozen yogurt with strawberry jam. Even up plain or vanilla yogurt with it.

Future Shop

Snacking is an American sport. A survey of 1,000 adults by Sweet 'n Low Confectionery found 60 percent of those who admit to having a sweet tooth turn to chocolate or hard candy to satisfy the craving. Candy outranked yearnings for ice cream, cookies and cake. Almost half of those surveyed keep a private stash of candy. Among those who confessed to having a sweet tooth, 64 percent had raided their kids' candy supplies to sneak a sweet at least once in the three months prior to the survey.

Today's Food

Sandwich occasion layers healthy stakes

Traditional one-handed meal inspires unending variations

By Sherri Hoyt
Correspondent

When John Montagu, the fourth Earl of Sandwich, requested meat layered between slices of bread in the 1780s, he revolutionized the one-handed meal, and others soon ordered "the same as Sandwich."

Quick to assemble, tasty and with endless combinations, sandwiches are a staple of the American diet. Rise-and-shine breakfast sandwiches of sausage, egg and cheese atop biscuits, pack-and-carry school lunches and dog-style stacks from a midnight refrigerator raid — each is a sandwich in everyday eating. With ingredients like bread, meat, cheese, vegetables and fruit, sandwiches have potential to add foods from all five food groups. Hopefully they do not ooze fat, saturated fat, cholesterol and sodium and skimp on fiber.

To keep a sandwich lean yet lively with flavor and variety, try these tips:

- To keep grab-and-go breakfast sandwich fare lean, use whole-grain bagels, flour tortillas or English muffins as wrappers in place of high-fat biscuits and croissants. Experiment with turkey-based breakfast sausage and bacon, many of which can be microwaved in minutes.

- Go yolk-less. Use yolk-free egg product or scrambled egg whites in place of

whole eggs. The yolks hold all the cholesterol in eggs — about 215 milligrams each. Health authorities recommend limiting dietary cholesterol to 300 to 350 milligrams as a daily average.

- Don't let ritual sandwiches become a drag. Switch from white bread to multi-grain rolls, marbled rye slices or even raisin bread. Bread supplies complex carbohydrates, B vitamins, iron and — in whole-grain varieties — fiber. For maximum fiber, look for ingredient lists with "whole" wheat, or other grain first.

- Traditional lunchmeats like bologna, salami and bologna are high in saturated fat, the kind that can raise cholesterol levels in the blood. Instead, opt for lean ham, roast beef, turkey, water-packed tuna or reduced-fat varieties of meats with no more than 3 grams total fat per ounce.

- Add cheese for calcium, but try reduced-fat and non-fat versions of favorite fla-

vors. The deli section holds the largest selection. Reduced-sodium lunch meats and cheeses are also available.

- Colorful vegetables and fruits boost vitamin, mineral and fiber content, yet add moisture and crunch. Tuck in baby spinach leaves, roasted red pepper strips, shredded zucchini, banana wheels, sliced green apple or pineapple rings. For an all-veggie creation, spread cucumber, tomato, mushrooms and purple onion with hummus. Pita pockets makes neat-eat wraps.

- Condiments are "icing on the cake" of a sandwich creation, but many resemble icing in high fat and calories. Try low-fat versions of popular spreads, like mayonnaise, creamy dressings and margarine. Ketchup, barbecue sauce, flavored mustards and fruit chutneys are other food solutions.

Try this grown-up version of a traditional grilled cheese sandwich, perfect for a quick after-work meal or lazy Sunday afternoon lunch.

Registered dietitian Sherri Hoyt is a member of the nutrition committee of the American Heart Association, Greater St. Louis Division.

GRILLED CHEESE WITH ARTICHOKE SANDWICHES

- 2 tsp. Dijon mustard
- 4 (2 oz. each) sandwich rolls, split, toasted
- 8 slices (3/4 oz. each) nonfat, reduced-sodium American cheese
- 1 cup sliced, drained, canned artichoke hearts
- 8 slices (1/4 inch thick) tomato
- 2 tsp. oil-free Italian salad dressing

Spread 1/2 teaspoon mustard on top half of each roll. Place bottom halves of rolls on baking sheet. Top each with 2 slices cheese, 1/4 cup sliced artichoke and 2 slices tomato. Drizzle each with 1-1/2 teaspoons dressing. Broil 2 minutes or until cheese melts. Cover with top half of rolls. Makes 4 servings; 283 calories, 18 g protein, 40 g carbohydrate, 34 mg cholesterol, 512 mg sodium and 6 g fat (1.2 g saturated).

Note: To further reduce sodium, drain artichoke hearts in colander, then rinse with cold water 1 to 2 minutes. Labels tell exact amounts of sodium and should be compared.

Market full of apples, pumpkins, squash

Apples and pumpkins are among the fresh autumn produce listed in "To Market, To Market," a list of farmers' markets, roadside stands and pick-your-own operations compiled by University Extension (University of

Missouri system), Illinois Cooperative Extension and Suburban Journals of Greater St. Louis. The directory is divided by counties in Missouri and Illinois.

To order each booklet,

send \$2 by check made payable to University Outreach and Extension. Send it to: To Market, To Market, University Extension, 121 S. Meramec Ave., Suite 501, Clayton, MO 63105.

Sandwich

Continued from page 1

has bumps of cut-up seeds or veggies, shines under a coating of butter or trails crusty edges when cut, it increases its appeal for them.

From pickle relish, ketchup and mustard to chopped ripe olives, minced onion and diced avocado, garnishes try to impress with flavor and texture, yet appear inconsequential until they blend with headlined fare. Mayo and other condiments adorn, rather than stand out.

Tomato embellishes many a sandwich. Slices not only create their own juicy layer, but ketchup, chili sauce and new kids on the block salsa, picante and taco sauce — hold court.

Salsa can be spooned from a can or jar, made with fresh tomatoes or combined with pantry ingredients for a sultry mix to serve warm with sandwiches ranging from fish to roast beef.

In a small saucepan, cook 1/4 cup chopped onion in 1 tablespoon margarine or butter until tender. Stir in 1 can

(8 ounces) tomato sauce, 1 can (3 ounces) chopped green chiles (drained), 2 tablespoons lime juice, 1/2 teaspoon sugar, 1/4 teaspoon leaf oregano, 1/8 teaspoon garlic powder and 1/8 teaspoon ground cumin. Simmer 10 minutes. Stir in 1/2 cup seeded and chopped tomato. Spiced-up ketchup peppered up traditional American family lunches long before salsa was adopted. A favorite for

years was Barbecued Ham Sandwiches.

All it took was simmering 1 cup ketchup, 3 tablespoons bottled lemon juice, 1/4 cup chopped onion, 1/4 cup firmly packed brown sugar, 2 tablespoons Worcestershire sauce and 1 teaspoon prepared mustard about 5 minutes, then heating 1 pound sliced ham in the mixture. The results always were served on buns.

VEGETARIAN RANCHWICH

- 3 to 4 oz. extra-firm tofu, sliced 3/8 inch thick
- 1/4 cup ranch salad dressing
- 2 slices whole-grain bread, toasted
- 6 thin slices tomato
- 2 thin slices sweet onion
- 2 lettuce leaves

Press tofu between paper towels to absorb excess moisture. Pour 2 tablespoons dressing over tofu. Marinate 20 minutes. On cookie sheet, bake tofu in toaster oven preheated to 350 degrees for 15 minutes. Turn over. Bake 5 minutes longer or until bubbly.

Spread toasted bread with remaining 2 tablespoons dressing. Place baked tofu on 1 piece of toast. Add cucumber, tomato, onion and lettuce. Top with second piece of toast. Cut in half diagonally. Makes 1 serving.



Moderate sweets, including vanilla wafers and cereals, get new packaging appeal.

Packaging gives old favorites new appeal

Companies use bright rainbow colors to lure kids back to cereals

Is it possible to teach an old cereal or cookie a new trick? Manufacturers think so. Keebler brightens vanilla wafers in rainbow colors and Post packages cereal in vivid packages and in combinations for easy mixing. Products were priced at

TEST RUN

Rainbow vanilla wafers were colored as brightly as the package promised (12-ounce box for \$2.50). Tasters' delight, they tasted like the originals.

"Those cookies tasted great. If they are the same or of comparable price to regular vanilla wafers, I think they'd be a great alternative," a taster said. He added that the bright colors would attract youngsters and found another use for them.

"I especially think they'd be neat in recipes calling for vanilla wafers to be used, like in banana pudding," he said.

A taster noted that the quality of the cookie was high, offering a double bonus. The Post cereals offered opportunity in two directions in Snack-Abouts. Two individual packages each of Honeycomb, frosted Alpha-Bits, Waffle Crisp and honey-nut shredded wheat are offered for \$2.99.

"This is no bargain, but I guess if kids need a packaged snack in their lunch, this

could work. They surely are convenient," a taster said.

She found the choices very sweet, but the shredded wheat a particularly good offering. "I didn't check out the others, but that package offered a substantial snack with fiber. If you really wanted to offer these for a family snack, it would be neat to be able to pick and choose varieties, because I would go for more of these," she said.

A taster noted that none was high in fat. Sweetness also was the password to get into the spirit of Post Create a Crunch cereal mixing kit (\$1.99 when it was bought). "I liked the cereal deals. It features my two favorite cereals, Fruity and Cocoa Pebbles," a taster said.

Also included were separate packages of frosted Alpha-Bits and Honeycomb cereals, plus four small individually wrapped add-ins — mini marshmallows, blue rice cereal, candy sprinkles and granola.

"I could imagine getting this for a kids' overnight party and setting out the milk with it. It would create a lot of discussion and giggles," another taster said.

She would use it as an occasional treat, because of the sweetness of all the ingredients.

Another adult tester tried several variations. "I think the concept would be neat for kids. I'd prefer purchasing a larger box of one cereal. One pouch is too small for a meal for me, but I think kids would be able to get one or two meals or snacks out of each pouch," he said.

He preferred the marshmallows and rice cereal for sprinkling into the cereal. He found the sprinkles sank to the bottom of the bowl and he questioned the match with granola.

Sandwiches do not stand ceremoniously on shape either. They fit on French bread, round loaves or sliced focaccia.

For a sandwich in the round, cut a 1-pound loaf of bread, sourdough if desired, in half horizontally. Remove the soft bread of each half to within 1/2 inch of edge. Toss 1/2 head lettuce, torn into bite-size pieces, in 2 table-

spoons Italian salad dressing.

Layer half the lettuce; then 1 tomato, 1 package (3-1/2 ounces) Genoa salami, 4 ounces mozzarella cheese, 1 package (3-1/2 ounces) pepperoni and 4 ounces lean smoked ham, all thinly sliced; and the remaining lettuce on the bottom half of the loaf. Cover with the top half. Cut the sandwich in 6 wedges for serving.

COBB SALAD PITAS

- 1 cup (4 oz.) grated Monterey Jack and cheddar cheeses
- 1 cup chopped tomato
- 1 ripe avocado, peeled, seeded, diced
- 1 cup diced, cooked chicken or turkey
- 1/3 cup crumbled, crisply cooked bacon or bacon bits
- 1/3 cup thousand island or Italian salad dressing
- 4 pita breads, cut in half to form pockets
- Leaves of romaine or red leaf lettuce

In medium bowl, combine cheese, tomato, avocado, chicken, bacon and dressing. Toss well. Line pita pockets with lettuce. Fill with cheese and chicken mixture.

Makes 4 servings; 542 calories, 24 g protein, 45 g carbohydrate, 29 g fat, 68 mg cholesterol and 1,011 mg sodium each.

Today's Food

Follow usage directions in convenient slow cooker

By Jananne Finck
Correspondent

A slow cooker is a convenient appliance for preparing supper while a family is at work or school. Like with other food preparation, it should be used safely.

A slow cooker cooks foods slowly, usually at a tempera-

ture between 170 and 280 degrees. Used correctly, it prepares food safely, according to the Food Safety Inspection Service, an agency of the U.S. Department of Agriculture.

FSIS says direct heat from the pot, lengthy cooking and steam created in the tightly-covered container join forces to destroy bacteria.

Following basic rules keeps

this a safe process for cooking foods.

First, keep everything clean and store perishable foods in the refrigerator until using them to prepare the recipe. Always defrost meat or poultry — in the refrigerator, not on the counter — before preparing it in a slow cooker.

The slow cooker is FSIS stresses large pieces of meat

like a roast or whole chicken should not be prepared in a slow cooker. The food cooks slowly and could be in the danger zone (40 to 140 degrees) too long. Rather, cut foods in chunks or small pieces to ensure thorough cooking.

A slow cooker lends itself to preparing food with high moisture content. Chili, soup, stew or spaghetti sauce are

good choices.

Fill cooker no less than and no more than two-thirds full. Vegetables cook more slowly than meat and poultry, so put them in first at the bottom and around sides of the cooker. Add meat, then cover the food with liquid, such as broth, water or barbecue sauce.

If possible, turn the cooker on the highest setting for the first hour of cooking, then to low or to the setting called for in the recipe. It also is safe to cook foods on low the entire time, a convenience for anyone turning on the cooker with one hand and grabbing the car keys with the other.

If the power goes out and no one is home to take care of the food, FSIS recommends not eating it. Rather, throw out the food. If someone is home when the outage occurs, finish cooking immediately by another method.

Store leftovers in shallow covered containers and refrigerate within two hours after cooking. Reheating leftovers in a slow cooker is not recommended unless the food first is heated to steaming hot on a stovetop or in a microwave oven, stirring often. Only after that can it be kept hot in a preheated slow cooker.

This recipe is a favorite. It is convenient and the slow cooker tenderizes the less tender cut of meat, which saves time and money.

Certified family and consumer scientist Jananne Finck is nutrition and wellness educator for University of Illinois Extension at the Springfield Extension Center.

BEEF STEW

- 3 carrots, cut up
- 3 potatoes, cut up
- 2 lb. beef chuck or stew meat, cut in 1-1/2 inch cubes
- 1 cup water or beef stock
- 1 tsp. Worcestershire sauce
- 1 bay leaf
- 3 onions, quartered
- 1 rib celery with tops, cut up

Place ingredients in slow cooker in order: carrot, potato, beef, water. Worcestershire sauce, garlic, bay leaf, onion and celery. Stir just enough to mix spices. Cover. Cook on high 1 hour. Reduce to low 8 to 10 hours.

Yields 8 servings; 334 calories, 38 g protein, 17 g carbohydrate, 13 g fat, 115 mg cholesterol and 483 mg sodium each. Food exchanges: 1/2 bread/starch, 5 lean meats, 1-1/2 vegetables.

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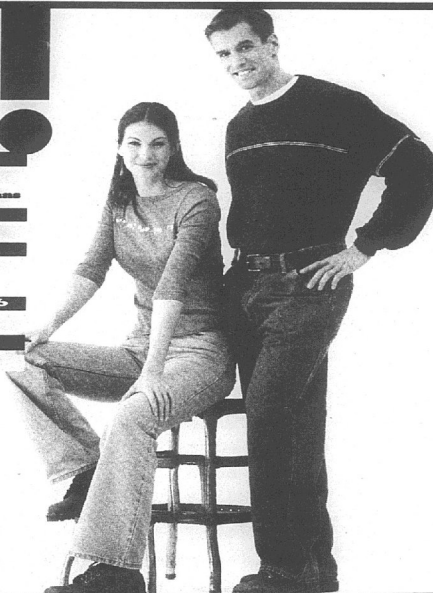
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Today's Food

Junior feels at home banging on kitchen pots

By Judy Merritt
Correspondent

Too many times parents and grand-
parents "child-
proof" the

home. A better message to give those little ones is to make the home "child-friendly."

In days gone by, the kitchen was the heart of the home. It is never too early to let those little ones know they belong in the kitchen, as well as the rest of the house.

They sense early the noises made by banging pots and pans together, or beating on a big pot with a wooden spoon. As long as they stay with safe, unbreakable things, it doesn't take much to rewash pots and pans or measuring spoons, as children "practice" their cooking—or musical—skills, learning by imitation.

With all this rehearsal, it's easier to teach young children safe ways to help in the kitchen when they enter this domain of domesticity.

Little hands love to stir

and sift. This is a good time for them to learn as well about clean hands by example. Little girls love aprons, especially little granddaughters. Look for or make one just the right size for the apprentice cook.

Little people learn cooking skills by preparing snacks. They can be as simple as toasted cheese sandwiches or a more elaborate individual pizza.

A microwave oven is a great appliance for a young cook to learn his or her skills. Learning how to set the timer and watch the seconds tick away is a learning experience both in mathematics and patience.

They always should be cautioned to use any kitchen appliance under adult supervision.

Although microwave energy is a cool cooking method, melted cheese and sugary syrups are extremely hot when cooked in a microwave oven even for brief periods of time. Many snacks can be prepared on paper towels, so cleanup is easier.

While usually a campfire

specialty, S'mores are a traditional treat in the microwave oven. This is a quick way to prepare this sweet and sticky treat without the hazard of fire nearby.

Place a graham cracker square on a paper towel in the microwave oven. Top with a piece of chocolate candy bar, then with 1 large marshmallow. Microwave 15 to 20 seconds on high power or until marshmallow puffs. Top with another square of graham cracker.

Individual pizzas are quick as a wink to make, too. Hot cheese can burn the tongue, so let the pizza rest a few minutes. That is enough time to give a big hug to the learning cook.

Home economist Judy Merritt specializes in microwave cooking.

PIZZA FOR ONE

1 English muffin, split, toasted
1/2 cup spaghetti or pizza sauce
6 slices pepperoni

1/4 cup (1 oz.) shredded mozzarella cheese

Lay toasted English muffin halves on microwave-safe plate. Top with pepperoni and cheese. Microwave on high power 20 to 30 seconds until cheese melts.

BANANA-VANILLA CREME BRULEE

Place 24 vanilla wafers, coarsely broken, on bottom of 1-1/2-quart shallow heatproof dish. Top with 2 bananas, sliced. Cook 1 package (4 servings) vanilla pudding mix according to package directions, using 2 cups milk. Pour evenly over bananas. Refrigerate 3 to 4 hours until set.

Evenly sprinkle 1/4 cup packed brown sugar over pudding. Top pudding evenly, place sugar in strainer and use back of wooden spoon to press through strainer.

Broil 3 to 5 minutes until sugar is melted and slightly browned.

Serve immediately.
Makes 4 to 6 servings.

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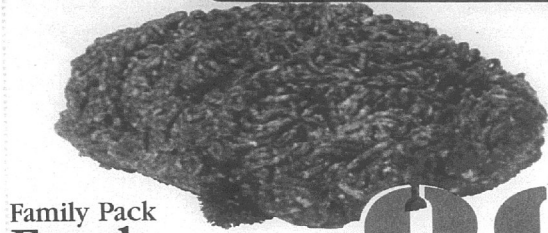


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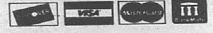
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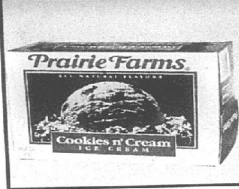
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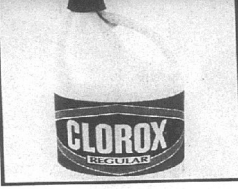
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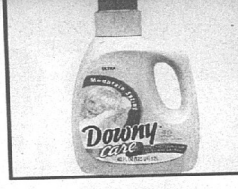
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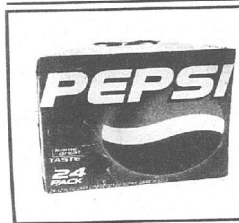
2/599
40 OZ.



ASSORTED VARIETIES
LIQUID OR POWDER
**Tide Ultra
Laundry Detergent**

4.97
92-100 OZ.

Assorted Varieties
Cascade Dishwasher Liquid or Powder
48-60 OZ. 1.97



24 PACK/CUBE
**Pepsi, Diet Pepsi
or Mountain Dew**

4.97

2 ltr./btl. Pepsi 97¢

ASSORTED VARIETIES
**Zesta
Saltine
Crackers** **2/298**
16 OZ.



ASSORTED VARIETIES
**Budget Gourmet
Entrees** **4/\$5**
8.75 OZ.

**Tyler Mountain
Spring Water** **2/88¢**
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ASSORTED FLAVORS
**Dean's
Ice Cream** **2/588**
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**Stove Top
Classics Dinners** **1.99**
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ASSORTED VARIETIES
**Gerber Third Food
Baby Food** **2/97¢**
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**Ruffles
Potato Chips** **1.97**
13.25 OZ.

**Pagoda Café
Egg Rolls** **2/399**
9 OZ.

ASSORTED VARIETIES
**Sara Lee
Cheesecake** **3.99**
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**AbsoPure
Water** **2/129**
134 OZ.



12 PACK/CANS
**Coca-Cola Classic,
Diet Coke or Sprite**

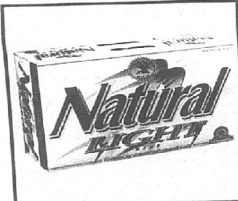
2/588

2 ltr./btl. Coke 97¢

ASSORTED VARIETIES
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25-28 OZ. 1.87

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887
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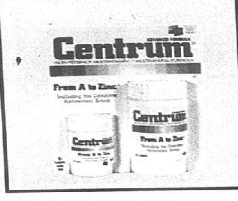
**High Life or
High Life Light**

1047
30 PK/CAN



CLASSIC LIME OR STRAWBERRY
**Jose Cuervo
Authentics**

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4 OZ.

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Genuine Draft
or MGD Light** **647**
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**Milwaukee's
Best** **767**
24 PK/CAN

Stag **497**
13 PK/CAN

**Pilsner Bass
Ale or Harp** **599**

Zima **488**
6 PK/12

EXTRA OR LIGHT
Corona **497**
6 PK/12

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**Stillbrook
Blended Whiskey** **1097**
1.75 LTR.

SELECTED VARIETIES
Vendange **549**
1.5 LTR.

ASSORTED VARIETIES
**Seagram's
Wine Coolers** **2/\$5**
4 PK/12

**Jack
Daniels** **1397**
750 ML

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DRIVE.

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Wine** **657**
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**Gold Bond
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12 OZ. EXTRA STRENGTH
LIQUID OR 80 CT.
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**Tavist D Tablets or
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Spread Frosting

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Muffin Mix

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7-7.8 OZ.

Assorted Varieties, 16.6 oz.
Pillsbury Cookie Mix.....89¢



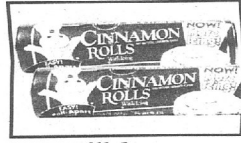
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One Step
Brownie

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Pillsbury Refrigerated Cookie Dough.....249



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Green Giant
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Chopped Broccoli, Corn, Peas or Peas, 10 oz.
Green Giant Poly Bag Vegetables...88¢



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Pillsbury
Grands Biscuits

99¢
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ORIGINAL OR REDUCED FAT
Pillsbury
Crescent Rolls

2/\$3
8 CT.

Cranberry Pear Upside-Down Cake
Prep Time: 15 minutes (Ready in 1 hour 15 minutes)
Created by Helen Wahl, Colorado Springs, CO - 1994



3/4 cup canned ice cream topping
1/2 cup chopped pears
(10-12) can pear halves in light
syrup, drained
1 egg
1 pkg Pillsbury® Cranberry or
Cider Quick Bread Mix
2 tablespoons oil
1 cup water
2 tablespoons oil
1 egg
Heat oven to 350°F. Spray 12x18 inch (or) baking dish w/ 18-inch round
cake pan with nonstick cooking spray. Pour and spread canned topping to cover
bottom of dish. Bake in 15 minutes of the pan. Sprinkle remaining pears
around outer edge of canned topping to make 1-inch border.
Spray remaining 1/2 cup water in 15 minutes of the pan. Sprinkle remaining pears
around outer edge of canned topping to make 1-inch border.
Cut pan into 18-inch thick slices. Sprinkle over canned topping and pears with
oil. Bake 1 hour 15 minutes.
In medium bowl, combine quick bread mix, water, oil and egg. Stir 30 to 75
seconds with spoon until mix is crumbly. Pour batter slowly over pears and
canned topping. Sprinkle with 1/2 cup water and 1/2 cup oil. Bake 30 to 75
minutes at 350°F for 75 to 85 minutes or until toothpick inserted in center comes
out clean. Loosen cake from sides of pan. Invert onto serving plate. Bake 5 min over
cider for 1 minute. Carefully remove pan. If any topping remains in pan, remove over
cider. Cool 30 minutes. Top with ice cream if desired.
12 servings
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Pillsbury 50th Anniversary
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Family pleasing desserts and treats, such as cookies, bars,
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Or call 1-800-333-2175 by September
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Old El Paso
Taco Sauce.....**3/\$5**
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OR FAT FREE
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Refried Beans.. **2/\$1**
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Soft Taco Shells **2/\$3**
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Ground Chuck**

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**Pork Sirloin
Chops**

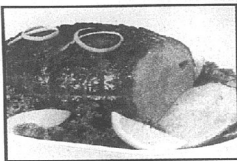
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ALL NATURAL SKINLESS SPLIT
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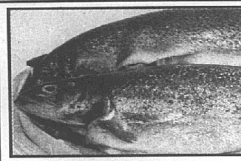
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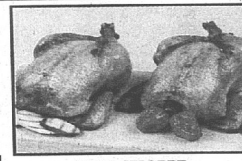
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ALL VARIETIES Rotisserie Chicken

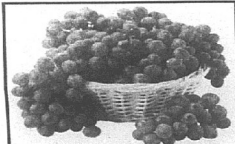
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MACARONI SALAD OR AMERICAN OR MUSTARD Potato Salad **98¢**
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ROAST BEEF OR Manda Cajun Roast Beef **3.99**
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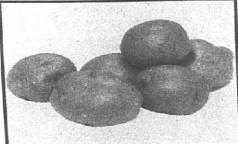
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Eckrich Virginia Baked Ham **3.99**
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Pound Cakes **2/\$5**
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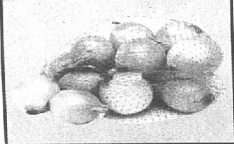
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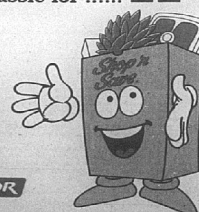
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Keeping wildlife out of garden no easy matter

As most gardeners learn sooner or later, one person's flower fantasy is just a free feast to some furry fiend.

Animal pest problems occur in all seasons of the garden, but fall and spring are peak periods for plunder. Luckily these seasons, and fall in particular, are also the best times for beleaguered gardeners to mount a defense against foraging four-legged gourmands such as deer, squirrels, rabbits, voles, moles and other assorted animal pests.

In fall, a good garden clean-up tops the list of animal deterrents. After fall bulb planting, remove planting

debris to rob squirrels of scent clues. It's scent, after all, that guides them to their hidden stashes and to yours! They're not relying on such memory cues as "three hops from the big tree on the left."

Also consider mulch. Mulch is useful to help retain soil moisture and maintain more constant cool soil temperatures. Apply mulch after weather turns cold. To mulch too soon only satisfies small creatures, who find earth-warmed mulch a great cozy place for winter tunneling and nesting.

Who is it exactly that is nibbling the nasturtiums and

devouring the daisies? Increasingly, in America, the culprits are likely to be deer. According to the New York Times, "there are now more deer in the U.S. than when the Pilgrims landed in 1620." A population of 27 million ranges across the land. And, increasingly, as the deer's natural habitats are reduced by development, they are by no means restricted to remote woodlands. They've leaped into our back yards in what amounts in some parts of the country to a suburban invasion.

Deer are the greatest threat in the spring when, after a hungry winter, they

look for anything green, young and tasty.

Rabbits have long been the vegetable gardener's nemesis, but they're happy to taste-test anything new and tender looking. Even if they really don't love something, they just might chew on it for awhile to make sure.

Squirrels and chipmunks are particular pests at fall flower bulb planting. Count on them to promptly RSVP to fall garden parties serving tulip, lily or crocus bulbs but not daffodils which have a terrible taste. Especially popular are gardens littered with bulb-scented

debris, those little bags, the papery skins, and other tantalizing things.

Special fans of tree and shrub roots are found underground. Moles, voles and mice are the biggest (actually smallest) culprits. They also like roots of succulent plants and flower bulbs.

The groundhog, also called the woodchuck, is a tunnel master who finds any number of garden plants appealing both above and below the ground.

To dispel any illusions at the outset: there is no magic bullet for the animal pest problem, save the sometimes

tempting but not very humane option of actually using bullets. The best one can hope for is an appropriate pest management solution.

Barriers are the most straightforward and many say the most effective deterrents. The strategy is to make it impossible for the critter to get to his dinner.

For deer, a fence is the best deterrent. A deer fence should be at least seven and a half feet high, and an additional overhang of chicken wire is a good idea.

The most effective deer fence is a double fence. Deer can either jump something very high, or something very wide, but can't do both at once. Two fences (one high and one moderately high) spaced about three feet apart are recommended. (Don't worry, the deer see two fences and don't jump, so they don't get caught inside.)

Garden centers and other retailers also carry various types of plastic fencing and netting that might be appropriate. It is also possible to have an electric anti-deer fence installed. But this isn't recommended for areas where there are small children or close neighbors.

For groundhogs and such, fences don't need to be high, they need to be deep. About three feet deep should do the trick.

Chicken wire is another favorite barrier material. This can be used to form a cage over young plants, or an underground cage in which to protect bulbs from burrowers. It's perfectly acceptable to place a sheet of chicken wire right on top of the planting. The bulbs will be smart enough to find their way right through it.

Some people take a casual (but very effective) approach when protecting bulbs from squirrels: they just throw on an old window screen after planting and take it up once the ground has settled or frozen.

Of course with all the fencing and caging, some people think the whole thing is too much, turning the garden into an outdoor Alcatraz. So what else is there?

Sensory deterrents seek to dissuade the unwanted garden diner by offending his sense of smell or taste or by exciting his sense of fear and caution. The use of cayenne pepper and such sprinkled protectively on the ground is one method some people say works. But others point out that this method is exceedingly cruel. Squirrels, for example, can easily get the pepper in their eyes while trying to rid themselves of the noxious stuff. Squirrels have been known to scratch out their own eyes in the process.

Well it's hard to hate a squirrel that much. So, other sensory alternatives are in order, ones suitable for squirrels, or other small creatures and, of course, deer. These include:

- Scattering clippings of human hair around the place (not always a good idea in urban settings, where squirrels may associate the smell of a human with food hand-outs).
- Predator smells, such as lion's dung or urine from the zoo, commercially available predator scents, or even human urine (there's a guy out there who swears by it, but we didn't visit his garden to confirm).
- Irish Spring soap (Why this brand? Who knows?) hung in little mesh bags around the edges of the garden.

All of the sensory deterrents have their champions, and their detractors. Some swear by this one or that one, some say they're all a bust. Often what works in one garden, doesn't in another. Experimentation is the key—and certainly worth a try.

In the end, each gardener has to find his or her own answers.

There's really no one solution. But take heart, though the sight of your ravaged garden may make you want to unleash your more violent nature, there may be another way.

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98 FORD WINDSTAR LX Loaded \$18,995	97 FORD RANGER FLARESIDE Low Miles \$12,995
94 CHRYSLER LHS Super Nice \$10,595	98 FORD TAURUS SE 24 Valve, Loaded \$14,995
96 FORD F150 2X4 EDDIE BAUER Must See \$12,595	98 FORD EXPEDITION EDDIE BAUER Loaded, CD, 12,000 Miles SAVE



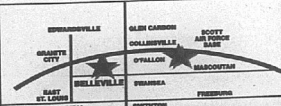
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NICE little starter or rental home w/large attractive yard. Needs a few updates. Great price! Granite City \$22,900 E1043 Robin Alwine/Janine Shields

Very nice all brick home with 3 bedrooms and 2 baths in Arlington Heights. Both bathrooms remodeled in 1998, also new in 88. Furnace & air approx 3 yrs old. 26x15 enclosed patio plus an alarm system. Granite City E0771 \$87,500 Judine Lux/Christine Miller

WELL maintained and updated duplex on Randie Street. Great for investors or first time buyers. Edwardsville \$74,900 E1032 Christopher Stapleton

LOVELY brick ranch on the lake with large rooms throughout. 3 bedrooms, 3 baths, in Arlington Heights Subdivision. Granite City \$124,900 E0952 Chris Miller/Judine Lux

CHARMING completely remodeled 3 bedroom farm house w/ big covered front porch. Worden \$134,900 E1011 Brigitte Roberts

NICE home in a quiet location with a large porch across the front. Granite City \$29,900 E1076 Karen Sether

NICE commercial lot in the TIF district in Granite City. Granite \$65,000 E0531 Elaine Trebes

VERY nice two bedroom, one bath home on corner lot in well established neighborhood. Large eat-in kitchen with newer cabinets. Large master bedroom. Lots of storage space. Many updates. Ready for you to move into. Granite City \$45,000 Darlene Primas/Michelle Stock

GREAT starter home or investment property. Large fenced yard. 3 bedrooms, 1 bath home. Granite City \$49,900 E0912 Michelle Schneider

NEED A CAR
No Credit • Bad Credit
NO PROBLEM!
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96 MERCURY SABLE LIKE NEW \$8,995	96 DODGE GRAND CARAVAN SLE 4 DR, EXTRA NICE \$10,995	92 CHEVY ASTRO EXT. LIKE NEW \$2,995
95 FORD T-BIRD V-8, LOADED \$7,995	94 MERCURY TRACER 4 DR, AUTO \$5,995	CREDIT PROBLEMS? We Have Several Cars We Will Finance Buy Here • Pay Here With Reasonable Down Payment

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26 Oaklawn Drive
Reduced \$325,000
3 1/2 Bedrooms, 3 1/2 Baths, L.R., D.R., Family Room, Kitchen, Breakfast Nook, Library/Office, 3 Fireplaces, Full Finished Basement, 2 Car Garage, Many Amenities.

Only Qualified Buyers.
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RESTAURANT FOR SALE OR LEASE
This fully equipped restaurant has done excellent business in the past and present. The location offers very good visibility and is set up for banquets. Includes walk in and all other equipment. Don't pass up this opportunity.
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Office space from 300 to 10,000 square feet. These are in the best locations possible.
BETHALTO
FOR SALE OR LEASE
900 square foot office space was used for tanning salon. All room divides are in place. Extra air conditioning.
BUNKER HILL
3.2 ACRES (ALL LARGE TREES)
SOUTH OFF 159
This building site has city water and road frontage on 2 sides. Build on a bluff. Only \$24,900. Major Real Estate. 465-5214.
BUNKER HILL
10 ACRES (NATURE TREES)
SOUTH OFF 159
This unique building site offers very private location, the largest trees in the area plus a valley for lakeside. 8 acre of trees and 2 acres of open ground. Major Real Estate 465-1224.

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C1804 Immaculate home on acreage with cathedral ceilings, ceramic tiled floor, Anderson windows, French doors. Floor to ceiling natural stone fireplace, stained glass, many extra appliances, including a new oven, open left oven, looking sunken living room, 4 level deck with pool, home warranty.

NEW LISTING
C1807 Private urban setting. Home on acreage with trees. Home is partially built garage, inside has six panel doors, pantry of kitchen, office space and enclosed porch.

LAND
Bring your dream plans. We have acreage and many lots for you to build that dream home. Contact us for the various locations, sizes and prices to fit what your looking for.

C1812 Never ranch home on 2.5 acres with covered front porch, deck, insulated garage, open floor plan, 1st floor utility, extra large master bedroom.

C1817 Reduced for quick sale. Maintenance free 3 bedroom home on approx 3/4 acre, deck off large dining area, 24 x 24 double car garage plus large storage area.

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Utilities Paid
Weekly rates \$125 • Family Rates \$185 • Sleeping Rates \$100
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FEATURED HOME
FRESHLY CARPETED, aluminum siding home, 2 bd plus 3rd bd in finished basement. Large deck, fenced yard and garage. \$15,500.
BEATS RENT! One bedroom home in good condition. New furnace and central air conditioning, full basement. \$700 down payment. \$1,500.
FEATURED 5-STAR HOMES
\$104,900 EXECUTIVE RANCH, 6 BR, family room, fireplace, fenced yard, garage, move in condition. \$1572
\$55,900 EXECUTIVE COUNTRY, 2 BR, full basement, garage. \$1705
\$29,900 BIG REDUCTION! Freshly painted, spacious rooms, full basement, screened porch, fenced yard. \$1573
\$64,900 SPRAWLING BRICK RANCH on double lot. Family size kitchen with abundance of cabinets and vinyl siding, full basement, oversized 2 car garage, Florida Room, oversized yard, upstairs laundry. \$1554
\$24,900 CUTE 3 BR HOME IN GREAT NEIGHBORHOOD! Nice brick home. New carpeting in living room and bedroom. Hardwood floors, car attached garage. Hurry and call! CR2016
\$24,900 SPACIOUS BRICK HOME CLOSE TO THE PARK! Total of 5 bedrooms! Family room & 2 BR's in lower level. Lots of storage as well. Rooms freshly painted. Private fenced yard. Eat in kitchen with DW, stove, & frig. Owner transferred - Mist Sell! CR2005
LOCATION-LOCATION-LOCATION! Great building lot close to park, schools & shopping. Build your dream home on this nice level lot. Call for details. CR4044
COMMERCIAL BUILDING FOR SALE! Main part of town. Building features new windows and wiring. Beautifully decorated. Nicely landscaped. The first floor is the display area. Second floor is also finished. Basement is used for work area. CR1999

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CHOSEN THE #1 REAL ESTATE COMPANY • BY GRANITE CITY JOURNAL READERS
PRICED REDUCED

NOW ONLY \$64,900!!! CLOSE TO EVERYTHING! Very well maintained home. Many updates: newer furnace & a/c, double pane tilt in windows, bath remodeled w/new plumbing & new sewer line in 94. Vinyl siding, spacious family room/dining room area. Easy to show. Easy to sell! CR1515

FEATURED HOMES
COZY COTTAGE JUST WAITING FOR A NEW FAMILY! 2 bedroom home with large eat-in kitchen. A/C, furnace and vinyl siding new in '96. Full basement, partially finished into a family room. Fully fenced yard. Frohardt School District. Call for all the details! CR4261
CUTE 3 BR HOME IN GREAT NEIGHBORHOOD! Interior to be repainted. New carpet. Large eat-in kitchen. First floor laundry room. Large master bedroom. Attached garage. New vinyl siding, new thermal windows, carpet, picket window. Newer furnace, A/C, and water heater. MOTIVATED SELLER! CR2732

2500 OFFICE SPACE FOR RENT
COLLINSVILLE, MAIN STREET, 500 SQ. FT., 2nd floor, 2 restrooms, C/A, off street parking \$250. 382-5062
VERY PROFESSIONAL OFFICE SPACE
3307 WABASH AVE GRANITE CITY
Call: 452-7777
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2515 WAREHOUSE/STORAGE SPACE FOR RENT
2400 So. bl. bldg. zoned for light industrial. Westville area. 427-2803.
2601 APARTMENTS/FLATS FURNISHED
AVAILABLE SEPTEMBER 1st! Extra nice 3 bedroom, 2 bath, full kitchen, including utilities. Off street parking. Call for details. 452-1642.
EFFICIENCY GOOD LOCATION
Clean, Quiet, Convenient. 2 bedrooms, 2 baths, 2nd floor. 451-8225
ONE BDRM. NICE-SPACIOUS
sewer, water, trash paid. No pets. Close to Rt. 3 and bus line. 451-8225
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